When Ye Fast

Joy Haney

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by
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Cover artwork by Kim Haney

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© 1991 Radiant Life Publications
8th printing, May 2006

Printed in the United States of America

ISBN #1-880969-10-6

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FOREWORD

In this generation there is too much world-consciousness and self-consciousness. To be in tune we have to get away from world and self. You cannot think of God and his glory when you are thinking of yourself all the time.

When Adam fell, man lost his natural spiritual consciousness and became physic in soul and body. His subconscious mind stores what he learns; but when he becomes God conscious he learns things of the spirit that enable him to walk in close relationship with God.

Fasting and prayer leads men and women into a God-consciousness that opens up the supernatural realm. A person who gives himself to fasting, prayer and absorption of the Word of God becomes like a spring of water. All the animals naturally find springs of water running out of the side of a mountain. The same way with a person who is in tune with God and lives in the spiritual realm. The people that give themselves to pleasing God and that draw nigh unto him will always have doors opened unto them and the spring will always flow to the thirsty.

Fasting and prayer will bring you into the seventh dimension which is love, and that is where all the gifts operate. This can only be attained through obeying the words of Jesus, "...this kind can come forth by nothing, but by prayer and fasting" (Mark 9:29).

Pastor T.W. Barnes
Minden, Louisiana

Chapter 1

HOW FASTING CHANGED MY LIFE

In the month of August 1991, the Lord spoke to me while in prayer and gave me the title, "When ye Fast," for my next book. There are hardly any books on the subject of fasting and not many deal with true biblical fasting.

When I first started fasting, I was desperate for a closer walk with God and did it to draw nigh to Him. There were inner cravings that desired to know God better. Then added to that was a desperate hunger for revival. Those reasons are important, but I like to fast also for the benefit of fasting. I like the feeling of power and authority in the Spirit and over the flesh; the lightness of the body, the keen awareness of the mind, the spiritual revelations and the understanding it gives me. There is cleansing, order and energy given through prayer and fasting. Fasting makes you feel alive; it takes away the dull, tired feeling.

One might argue that fasting is not good for you and it is not necessary for spiritual growth, but I know that it is because I have experienced it. I love the benefits of fasting. Fasting kills the old man. That is what is hard, but

it is worth it! You do not break your body down if you do it right. Instead you energize it and build it up. It gives you boldness and confidence to win spiritual battles and to fight the enemy. Fasting reveals things. Sometimes you are even unaware how cluttered your life is until you fast. A fast uncovers clutter, sins, extra baggage, weights and disorder.

It is like the covered wagons in the days of the pioneers. They did not know how heavy they were until they came to a steep mountain. In order to get over the mountain they had to lighten the load by getting rid of some things.

It is like a blind person. He knows he is missing something, but his mind cannot fathom the beauty of the ocean, the sun and the mountains. It has to be seen visually with the eye. Description is not enough.

It is the same way with fasting. Experience is more powerful than cold facts. Fasting and prayer will lead you into spiritual enlightenment. That is why saints who fast and pray should be under the authority of a godly pastor and make sure all revelation lines up with the Word of God.

Fasting should be done with much prayer and study of the Bible to reap the greatest benefits. There is a right way and a wrong way to fast. I have discovered the right way, and that is what this book is about.

Fasting should be entered into wisely and if you have never fasted much, you should take baby steps before running. Do not say, "I am going on a seven day fast," when you haven't even gone on a three day fast.

I remember certain fasts that have been difficult for me. The food looked so tempting while fixing it for the family. At other times I have felt like the spirit has carried me through them.

Any time I feel a heaviness in the body, a sluggishness or depression, I know it is time to fast, have special prayer, and to withdraw from certain pleasures. It is time to come alive in the spirit again.

My father, who is a habitual faster, says his body signals to him when to fast. He says sometimes the Lord will lay a fast on him and other times, when he feels sick or sluggish, he knows it is time to fast.

My family has fasted together in times of crisis and we have won many battles through fasting, prayer and faith in the Word. We have literally broke through enemy lines. Strongholds that could not be moved by prayer alone were moved by fasting and prayer. God has answered thousands of our prayers.

Paul instructed the early church to give themselves to fasting and prayer for a time (I Corinthians 7:5). If they needed it, we need it. We need to build memorials to heaven as Cornelius built. It is like an investment. Every time you pray and fast for a certain amount of time you are gaining ground. You are investing in a powerful kingdom--the kingdom of God. You are building yourself up in the power of the Spirit. It is important to be consistent for there will be times when you need to draw on that power.

Says Pastor Kenneth Haney, "Revival has come to Stockton, California through several things, but one of the

most important factors has been consistent prayer and fasting."

As this book was going to press, we received a letter from a couple who had gone overseas to do some assistant missionary work. I felt prompted to put into this book an excerpt from the letter as I read it. "It is exciting to be here in this church. They had been running a steady 15-22 all year, and we have had over 50 in Sunday service for the past two weeks. While the pastor was gone for a time my husband put the church on a week of prayer and fasting. The saints are so excited at the immediate results. So I think just presenting a revival frame of mind to these people here will really get them going. It was also another shock to our system, because the pastor returned during the week of fasting, and declared that no one feel obligated to continue, because fasting really didn't do any good! But the people fasted anyway, and were so excited about it, they continued on another week! Then when the pastor saw the results, he got a little excited, and encouraged them to keep it up. We're gonna instill a little of Stockton's revival attitude on the pastor and the saints. The people would listen for hours about the miracles and signs and wonders in Stockton. It gets them very excited."

Fasting and prayer has changed my life. It has brought me into a depth with God that nothing else has ever done. Prayer and the Word gives you a certain depth in God, but fasting adds new depth because the flesh is decreased while the spirit increases.

While on lengthy fasts God has given me insight into the scripture that only comes through His wisdom. My spirit

was keen to God's voice and sensitive to His Spirit. By yielding myself completely to Him, He has given me anointing to speak, write, and help others find deliverance. It is so rewarding to feel his spirit so powerfully. It feels like liquid fire inside of me. The fire of His spirit always burns out dross and sets the soul aflame. When you fast in a way that is pleasing to God, your heart throb will be, "He must increase, but I must decrease."

James instructs the church to be afflicted:

"Be afflicted, and mourn, and weep (James 4:9).

How do you afflict yourself? It is not in the cutting of the flesh; it is in the humbling of the soul. Ezra proclaimed a fast at the river of Ahava, "...that we might afflict ourselves before our God, to seek of Him a right way for us, and for our little ones, and for all our substance" (Ezra 8:21).

We afflict ourself to seek Him.

"...The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we fasted and besought our God for this and he was intreated of us" (Ezra 8:22-23).

Seeking Him is done through prayer, fasting and reading the Word. The men and women of the Old Testament knew that when prayer was accompanied with fasting--something happened.

In II Chronicles 20, Jehosaphat proclaimed a fast when the enemy came against them. Then the people of Judah prayed,

"We have no power, no plan, no strength or direction without you. Our only hope is our eyes are upon you."

Cornelius fasted four days and prayed daily until a memorial came up before the Lord and it moved heaven. God dispatched angels in his behalf. Salvation came to his household. Men and women in the Bible days knew the power of prayer and fasting and in this modern day more and more of God's people are discovering the power and joy of it.

Come join the world of those who have discovered the joy of prayer and fasting. Let it become your lifestyle and you will soar as never before. Your mind will constantly be inspired. Your faith level will increase and a new relationship will develop between you and the Lord Jesus Christ. It is the glory level. For as you decrease, He increases and you see His glory and His holiness. Your life is blessed abundantly with all the things promised in Isaiah 58.

Chapter 2

THE PURPOSE

John Hyde, known as "Praying Hyde," gives an account of a supernatural move of God at a conference simply called *The First Sialkot Convention* in India. For thirty days Hyde and Paterson waited and tarried one whole month before the opening day in prayer and fasting. Is it any wonder there was such power in the convention. When one would look upon the nightly vigils of prayer and the days of fasting and intercessory prayer, the statement might be made, "What a price to pay!" The thousands of souls that found Christ there and the workers that were encouraged and equipped was well worth the price.

It was Charles Finney that said, "A revival is no more a miracle than a crop of wheat. In any community revival can be secured from heaven when heroic souls enter the conflict determined to win or die--or if need be to win and die! The kingdom of heaven suffereth violence, and the violent take it by force."

All revivals of the past that shook nations, cities, and continents came through prayer and fasting. Fasting must

have a purpose. Fasting intensifies prayer. A man who prays with fasting gives heaven notice that he is very serious about his petition. Prayer and fasting become the catalyst to turn things around and change impossible situations. Fasting is to humble yourself before God, to withdraw from natural pleasures and to spend time in prayer and soul-searching. It is a time to draw nigh to God in an all-out effort.

"Draw nigh to God and he will draw nigh to you. Cleanse your hands ye sinners; and purify your hearts, ye double minded. Be afflicted, and mourn and weep: let your laughter be turned to mourning and your joy to heaviness. Humble yourselves in the sight of the Lord and he shall lift you up" (James 4:8-10).

This portion of scripture was written by James to the scattered sheep at Jerusalem. It appears that the saints had fallen into strife amongst themselves. Refer to verses 1-3:

"From whence come wars and fightings among you? Come they not hence, even of your lusts that war in your members? Ye lust and have not; ye kill, and desire to have, and cannot obtain; ye fight and war, yet ye have not because ye ask not. Ye ask and receive not, because ye ask amiss, that ye may consume it upon your own lusts" (James 4:1-3).

James admonishes them to humble themselves. David in the Old Testament said, "I humbled my soul with fasting" (Psalm 35:13). So from this account we know that one

way to humble yourself is through fasting and drawing nigh to God through prayer.

Some modernists would do away with the practice of fasting claiming it is not necessary under "grace", but Jesus disputes that in His teaching. Also, Paul, who was under grace, made the statement, **"I was...in fastings often..."(II Corinthians 11:27).**

Fasting was an integral part of the Judeo system and was considered a basic part of their service to God and religious ceremony. It was established so firmly into their roots and heritage that it did not have to be dealt with as much in the New Testament because it was not a new doctrine. When you write a book you explain something and then when you refer to it again you do not explain it again, you simply say, "see page #." The Bible explains the benefits of fasting in Isaiah 58 and when Jesus refers to it in the New Testament, he does not explain what it does for you, he simply stated "When ye fast." It was already an established custom so much so that Jesus not only condoned fasting, He expected it! Paul, the greatest Apostle who ever lived, simply stated that he was in "fastings often." It was not foreign to him. It was a part of his lifestyle. God had already explained the right way to fast and the benefits of that fast. It was just accepted that all Christians would fast. This was inferred in Matthew 6:16.

"Moreover, when ye fast, be not as the hypocrites, of a sad countenance, for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, <u>when thou fastest</u>, anoint thy head, and wash thy face, that thou

appear not unto men to fast, but unto thy father which is in secret, and thy father which seeth in secret, shall reward thee openly" (Matthew 6:16-18).

Notice Jesus assumed that they would fast, but He dealt with the motive. If a person fasts only to appear spiritual then his fast is in vain. It is nothing more than a glorified diet because there is no humbling and drawing nigh to God. It is only for vanity and strife.

The disciples of John came to Jesus and asked Him the question, "Why do we and the Pharisees fast oft, but thy disciples fast not?" (Matthew 9:14). This substantiates the fact that fasting was an ingrained practice among them. Notice what Jesus said. He did not do away with fasting.

"And Jesus said unto them, can the children of the bride chamber mourn, as long as the bridegroom is with them? <u>but the day will come</u>, when the bridegroom shall be taken from them, and <u>then shall they fast</u>" (Matthew 9:15).

Christ is the bridegroom, the church is the bride. As long as they were with the bridegroom they did not fast those three years. Only Jesus did, who was and is our example. After His ascension the disciples started following his example of fasting, and until the bride is joined with the bridegroom in heaven, the church should do the same.

In the training of His disciples, He referred to the power of prayer and fasting . Once when Jesus drew nigh to His disciples, He saw a great crowd of people around them. A man came running to Jesus and exclaimed:

"Master, I have brought unto thee my son, which hath a dumb spirit; and wheresoever he taketh him, he

teareth him; and he foameth, and gnasheth with his teeth, and pineth away; and I spake to thy disciples that they should cast him out and they could not." (Mark 9:17-18).

Jesus speaking to the man said, "If thou canst believe, all things are possible to him that believeth." The man had just asked Jesus to cast the spirit out of his son. Now, after hearing Jesus, he said, "Lord I believe..." (Mark 11:24). Jesus was telling the man if you can believe in me to do it, you can have your miracle. Jesus had the power and authority, the man believed, and the miracle was done.

Later when the crowd left and Jesus and the disciples went into the house, they asked him privately, "Why could not we cast him out?" (verse 28).

"And he said unto them, This kind can come forth by nothing, but by prayer and fasting" (Mark 9:29).

By Nothing! There is no other way to have power over dumb spirits, or evil spirits. He also told them that they would receive power to witness after the Holy Ghost had come upon them (Acts 1:8). What were the leaders of this powerful church doing after they received the Holy Ghost? They were praying and fasting (Acts 13:3). They were the examples for the believers to follow.

Paul wrote to the church in Rome that, "Faith cometh by hearing and hearing by the Word of God" (Romans 10:17). When a child of God reads the Word, he finds out that prayer is essential to getting close to God, and that fasting helps get rid of the hindrances of the flesh that would keep him in a carnal realm. So through fasting and

prayer, faith is intensified because it brings one closer to God and the reading of the Word is made alive.

If receiving the Holy Ghost was all that mattered, then why did the early church have to be dealt with again and again about their carnality? Because it is a constant war between the flesh and the spirit. In order to keep the spiritual man alive, there has to be continual vigilance and cleansing. Fasting, prayer, and the application and meditation of the Word is how this is accomplished.

"Walk in the Spirit and ye shall not fulfill the lust of the flesh; for the flesh lusteth against the Spirit and the Spirit against the flesh: and these are contrary the one to the other" (Galatians 5:16-17).

How do you walk in the Spirit? Jesus knew the sin nature of the flesh. That is why He instructed us to fast, pray and meditate on the law of the Lord.

"For if ye live after the flesh, ye shall die; but if ye through the Spirit do mortify the deeds of the body ye shall live" (Romans 8:13).

The Spirit is made alive in us only as long as we stay plugged into the Spirit. We are weak in ourselves but when we draw nigh to Him, He is made strong through us.

"For though He [Christ] was crucified through weakness, yet he liveth by the power of God. For we also are weak in him, but we shall live with him by the power of God toward you" (II Corinthians 13:4).

There was an American Indian who once gave an illustration of the war between the two spirits in man. He said, "It seems, my brothers, that I have two dogs fighting in my heart: one is a very good dog, a beautiful white dog,

and he is always watching out for my best interests. The other is a very bad dog, a black dog, who is always trying to destroy the things that I want to see built up. These dogs give me a lot of trouble because they are always quarrelling and fighting with one another."

One of his hearers looked up and asked, "Which one wins?" The other instantly replied, "Whichever one I say 'Sic 'im' to." So it is with the two natures of man. The one that is fed is the one that becomes master over the other one.

Jesus would never have practiced anything that He did not want His followers to partake of. He was on earth to teach and train His disciples as well as be an example.

"The Spirit of the Lord is upon me because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives and recovery of sight to the blind, to set at liberty them that are bruised" (Luke 4:18).

This definitely parallels with Isaiah 58. The fast that was acceptable to God had purpose and that purpose was to humble self and care about the servants and the neighbors and to search the heart. Fasting and prayer should change you for the better. It should make you more pliable to the Spirit and more compassionate, not proud and haughty.

"Is not this the fast I have chosen?" (Isaiah 58:5).

1. **To loose the bands of wickedness.**
2. **To undo the heavy burdens.**
3. **To let the oppressed go free.**
4. **That ye break every yoke.**

5. **Is it not to deal bread to the hungry.**
6. **That thou bring the poor that are cast out to thy house.**
7. **When thou seest the naked that thou cover him.**
8. **That thou hide not thyself from thine own flesh.**

Unless there be confusion, let me clarify one thing: **works will not save you.** Fasting will not save you. You are saved only through the grace of God. You cannot get good enough to get God. You cannot fast enough, walk on glass or torture your body to gain salvation. We are not talking about salvation. Fasting should be a lifestyle the Christian enters into after he is saved.

Jesus spoke about there being a reward for fasting in Matthew 6:18. He established the fact that fasting was essential to the Christian walk, and that it was noticed by God.

God is a good bookkeeper and according to many scriptures, He does reward for the works or effort a sincere Christian invests into his walk with God.

Notice that <u>every work</u> is rewarded whether it be kindness, turning others to righteousness, fasting and much more. It is all recorded by God.

"But love ye your enemies and do good, and lend, hoping for nothing again; and your <u>reward</u> shall be great, and ye shall be the children of the Highest" (Luke 6:35).

"That thou shouldest <u>give reward</u> unto thy servants the prophets, and to the saints, and them that fear thy name both small and great" (Revelation 11:18).

"And behold I come quickly; and my reward is with me to give every man according as his work shall be" (Revelation 22:12).

We would not be truthful if we denied being interested in things that brought a reward. There is nothing wrong with wanting to do things for which God promised a reward. It was said of Moses:

"Esteeming the reproach of Christ greater riches than the treasures in Egypt; for he had respect unto the recompense of the reward" (Hebrews 11:26).

"And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever" (Daniel 12:3).

Whatever it takes to be effective in the kingdom of God and to do His perfect will, that is what must be done.

Fasting keeps you fine tuned to the Spirit of God. It lets you see things that cannot be seen when you are constantly gratifying the flesh. So if God promises a reward for fasting, just as a parent promises a reward for doing things that will help his child, why not seek to please God?

"That thou appear not unto men to fast, but unto thy father which is in secret; and thy father which seeth in secret, shall reward thee openly" (Matthew 6:18).

Just as He will reward prayer.

"When thou prayest...pray to the father which is in secret; and the father which seeth in secret shall reward thee openly" (Matthew 6:6).

Prayer and fasting can break the most tenacious hold Satan has on anyone. Once a young wife came to me

crying with a story of her marriage going sour. Her husband was doing things that were causing her hurt and distress. She felt pain, rejection, and hopelessness.

I told her, "Let's go on a fast and pray desperately for God to heal your marriage." We prayed for three weeks, fasting much of that time. She told me that she anointed his clothes and went through her house praying and binding spirits, and God did a miracle. He worked the problem out in His way and now their marriage is stronger than ever.

Chapter 3

POWER AND AUTHORITY THROUGH FASTING

Satan knows the power of fasting. Why else would he have all of his witches be giving themselves to fasting and praying unto him? Nicky Cruz told the story of a woman who was travelling on an airplane with him. When she refused her food, he asked her, "Are you a Christian?" She replied, "No, I am a witch. I am fasting and praying to Satan along with many others."

A minister friend shared the story with us about a woman who went up to a minister in Sacramento, California and told him, "There are over 28,000 witches in America praying to Satan to destroy the ministry and to break up families."

They are praying to a fallen angel who has limited power and we are praying to a God who has all power. You don't fight spirit with flesh. You fight spirit with spirit. The only time the devil is afraid of the church is when they start worshipping, praying and fasting. He trembles at the name of Jesus and runs from the Word, but when the

church starts praying and fasting consistently he starts fighting.

The devil came to Jesus "after he had fasted." He does not mind committee meetings and socials, but when the church starts bombarding heaven and souls agonize and pray fervently, he cannot stand against it. He will fight against you. He will send you sickness, allow things to go wrong that never went wrong before; and literally try to strike you down. He can attack, but he cannot win!

The church has the power to make the devil run. **"Resist the devil and he shall flee from you" (James 4:7).**

Just because Satan is trying to adopt the method of Christ, that is no reason to stop doing it yourself. Imitation is the sincerest form of flattery. Satan does not know it, but he is really exalting God and his plan because he has embraced His system.

Jesus knew that in order to have power over the evil spirits of hell He must fast. He was already full of the Holy Ghost; why fast? He, being God manifest in the flesh, was aware of the power of it.

"And Jesus being full of the Holy Ghost was led by the Spirit into the wilderness...forty days...he did eat nothing" (Luke 4:32).

Notice after the fast He had power. His ministry did not come into fulfillment until the fast was over.

"And they were astonished at his doctrine; for his word was with power" (Luke 4:32).

After the people exclaimed over His message in Capernaum, He rebuked an evil spirit and the spirit obeyed Him. The people again were amazed and said,

"What a word is this! for with authority and power he commandeth the unclean spirits and they came out" (Luke 4:36).

As the flesh becomes humbled, the soul soars in the Spirit world. Your mind is opened up to new dimensions in the Spirit. That is why a person that fasts should pray with thanksgiving to God and keep immersed in the Word. Remember the purpose: To know Him better, to cleanse from weights, to discipline for greater service, and to do the will and purpose of Christ which is described in Luke 4:18. Keep yourself tuned to only God's voice.

There is a closeness that develops between God and you. Faith is imparted to you in a greater measure. It was after Paul fasted and prayed (Acts 13) that he had power to command blindness to fall upon Elymas the sorcerer.

Victory comes through prayer and fasting. When Esther was presented with a life and death situation, she knew where the power was. She said,

"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day, I also and my maidens will fast likewise" (Esther 4:16).

Notice before Esther proclaimed this fast, the Jews were already fasting.

"And in every province whithersoever the king's commandment and his decree came, there was great mourning among the Jews and fasting, and weeping and wailing; and many lay in sackcloth and ashes" (Esther 4:3).

God heard their cry and turned the situation around. The instigator of their death sentence was himself killed.

Notice the end of the chapter, "Then Esther the queen...wrote with all authority..." (Esther 9:29). Authority was preceded by prayer and fasting.

The Bible which is full of power, **"The Word of God is...powerful" (Hebrews 4:12)**, was written by fasters, such as:

1. Moses (Exodus 34:28)
2. Daniel (Daniel 10)
3. Paul (II Corinthians 11:27, Acts 13)
4. John (Revelation 1)

Fasting, prayer and repentance had the power to change the mind of God. One minute He was going to destroy the Ninevites, then He spared them (Jonah 3:4-10). If fasting and prayer can change things, why doesn't the church do more of it? Anna, who gave herself continually to prayer and fasting, was one of the first to see the Messiah. She was mentioned in the New Testament simply because she sought the Lord and obeyed His will.

"And there was one Anna, a prophetess... which departed not from the temple, but served God with fastings and prayers night and day" (Luke 2:36-37).

Notice she not only saw Him but "spoke of Him to all them that looked for redemption in Jerusalem" (verse 38). She had power to speak of Him. She was not depressed or intimidated. She must have been excited because when you tell everybody you meet about something, it has to be bubbling deep inside.

Fasting gives you a feeling of power and control. You feel like cleaning everything around you. You become in charge of your life, in appetite as well as in habits. Instead of life riding you, you begin riding life.

A one-day fast is very essential but it does not bring you into the feeling of total control like a longer fast does, although it is very beneficial.

Several years ago when we had groups in our church following the method of praying as described in the book, What Happens When Women Pray?, one leader remarked to me, "We have 50% more answers to prayer when we fast one day a week along with our prayers."

If one day causes a 50% increase, what would more than one day do? A twenty-one day fast caused Daniel to have a heavenly vision and a visitor from another world, an angel from heaven.

Long fasts should be carefully entered into and only at the bidding of the Spirit, but sometimes desperation forces a person to fast. Hungry and desperate people do not care what others say or follow the norm. They want a deeper walk in the Spirit. Things of earth seem so shallow and their soul reaches up to the deep things of God.

When there is soul searching through prayer, fasting and the Word, there is always a cleansing. The spirit of Isaiah comes upon you and you cry as he cried, "**I am a man of unclean lips; take fire and cleanse me.**" You naturally feel a humbleness and dependency on God, instead of satisfying your appetites of the flesh with natural things, you become satisfied with spiritual things. When there is a deepening in the spirit and a cleansing, there is

a keen awareness that **"He must increase, and I must decrease" (John 3:30).** Fasting strengthens the inner man while weakening the outer man. Through dying daily and decreasing in self, something strange takes place. He is increased in you and a new power and authority that is not born of man begins to take hold inside of you. You learn to take authority over Satan, you learn how to war in the Spirit. It is a release from fleshly dominion to spiritual dominion. Oh, what a feeling. Oh, what a knowledge. Oh, what a privilege!

In the early 1970's, Dr. N. Gerome Stolewell, a leading nuclear scientist in the United States said, "With a delicate instrument which we have devised we can measure the wave length of the brain. Recently we checked the emanations of a brain of a woman near death. She was praying at the time. And we could tell that there was something about her that was reaching toward God. The meter on this instrument that we had devised registered 500+. This was 55 times the power registered by a 50 kilowatt broadcast station sending messages around the world. In the same hospital, we trained the meter on the brain of a man cursing God. The meter pegged 500-." These are two extremes so far indicated on the instrument. Dr. Stolewell continued, " We are on the threshold of spiritual discoveries. No one can fathom the literal pull a Christian exerts when he is in personal contact with God. It is tangible, far beyond the comprehension of mortality. It is similar in one sense to that which we know as radar. These experiences have caused me to turn to God. I have been a Christian only a short time, and I know little of the way.

But this I do know: the things of God are positive. I will endeavor to keep my life far above the zero indication. The world little realizes the impact of believing prayer. It is the moving of the resources of the infinite."

If prayer registers 500+, think of what fasting and prayer will register. When the body is free from incumberances, sluggishness and in total command of desires, and the combination of prayer and seeking God is exercised, look out world! The sleeping giant of the church will have become a mighty disciplined army to evangelize the world, bulldozing every obstacle of hell out of its way.

Chapter 4

HOW DOES FASTING AFFECT FAITH?

Faith is not positive thinking, although positive thinking is good. Faith is something that is given through the spirit. The Bible says that God has given every man a measure of faith (Romans 12:3), but He also tells us in I Corinthians 12:31 to covet earnestly the best gifts, and included in those gifts, is faith (verse 9). **"Now faith is the substance of things hoped for, the evidence of things not seen" (Hebrews 11:1).** Faith is imputed into your heart. It is believing God will do what His Word says He will do.

Faith is grasped by the spirit, not the flesh. So what would hinder that spirit from grasping it? The flesh! That is why Jesus repeatedly told His followers:

> **"...If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it; but whosoever will lose his life for my sake, the same shall save it" (Luke 9:23-24).**

Jesus also knew that an undisciplined life would be a hindering factor against faith. That is why he admonished the people to not over-eat.

"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting..." (Luke 21:34).

Food addition is prominent among Americans today. This can be faith diminishing. When Jesus came off his 40 day fast, the first thing the devil tempted him with was food (Matthew 4:3).

Satan also used food in the garden of Eden to tempt Eve to lose her faith in the word that God had spoken (Genesis 3).

Food is necessary and eating is a wonderful pleasure. It is not evil and it should be enjoyed, but when food becomes a god or addictive, it is time to become disciplined.

"For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things" (Philippians 3:18,19).

Anything that is more important to us than God and seeking after Him becomes a god to us. He will not accept second rate service or sacrifice as demonstrated in the sacrifice of Cain. God only wants our best and in order to give Him our best, there must be a special time set aside to seek Him and only Him. This is done by scheduling a regular time to fast and pray and to devour His Word.

If an automobile was continually in motion, never having its motor turned off, it would soon blow up. It is the same with Christians. They must stop and set aside normal activities and spend time renewing themselves in the Lord through prayer and fasting.

It all boils down to a disciplined life. The individual who continually over-eats becomes sluggish. Warriors are to be disciplined, well-trained, and resolute; certainly not softies. They must train for rigorous service. Their lives are not soft beds of ease, cotton candy, and indulgent laziness. Instead it is obedience, sacrifice and submission to the complete command of a higher authority.

"No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier" (II Timothy 2:4).

So Paul admonished Timothy:

"Thou therefore endure hardness as a good soldier of Jesus Christ" (II Timothy 2:3).

Being soft and charged with surfeiting can take away the effectiveness of the power of the Holy Ghost. The Holy Ghost is God's spirit within. God will not flow through a vessel that has violated His word and will. If He says to not be overcome with surfeiting or overeating, He means it. He also instructs us to lay aside every weight which doth so easily beset us (Hebrews 12:1). It is a known fact that sluggish bodies can not perform as well as disciplined, well-trained bodies.

Fasting will help discipline the physical man and the spiritual man.

Fasting gives you an internal cleansing of your mind, body and spirit.

A faster goes through stages dependent upon the length of the fast. It clears the mind, making it more keen and aware. Inspiration is the fruit of fasting.

Notice that fasting should be a part of your lifestyle. It should include one or two days a week, plus quarterly fasts of either three or seven days. Also there will be times when you directly feel the Spirit speaking to you to go on a longer fast. Obey the Spirit, not the flesh.

The mouth is the organ of faith.

"...The Word is nigh thee, even in thy mouth, and in thy heart; that is, the word of faith..." (Romans 10:8).

The mouth speaks a miracle. Jesus always spoke and the miracle was done. The same organ used to speak faith is also used for eating. When eating becomes too good to give up, for fasting unto the Lord on a regular basis, then it can cause our faith to diminish. Jesus told the disciples that the foul spirit that He commanded to come out of the boy only came out through nothing but prayer and fasting (Mark 9:29).

God can get angry over our lust for food. He demonstrated this in Numbers 11. The people were weeping for flesh to eat and grumbling about what God had provided. Finally after Moses went to the Lord, He gave them flesh to eat.

"And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of

that place Kibroth-hattaavah: because there they buried the people that lusted" (Numbers 11:33-34).

What did they lust after? Flesh. When Jesus was teaching about the coming of the Lord he spake:

"But as the days of Noe were, so shall also the coming of the Son of Man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark" (Matthew 24:37-38).

There is a restaurant on almost every corner. It takes an act of the will to fast in these last days but the reward is worth it. Smith Wigglesworth, who was used by God to perform many miracles and do signs and wonders, had this to say about prayer and fasting: "I have found prayer and fasting the greatest joy, and you will always find it so, when you are led by God."

You choose who you listen to. Choose to listen to Jesus and His followers. Jesus said, "When ye fast," and "This kind can come forth by nothing but by prayer and fasting." If Jesus condoned it, be careful about condemning it.

"Now I beseech you, brethren, mark them which cause division and offences contrary to the doctrine which ye have learned: and avoid them. For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple" (Romans 16:17-18).

When you want to know something about fasting you go to those that have fasted. When you want to learn how to fly an airplane you listened to an experienced flyer.

An old prophet, T.W. Barnes from Louisiana who is very experienced in fasting, told me: "Fasting and prayer makes us more keen spiritually. It conquers the old man and makes him more sensitive to spirit. Revelation says, 'Let the church hear what the Spirit is saying.' We are operating in the five senses. Fasting and prayer moves us into new dimensions and enables us to be able to do certain things we cannot do except by prayer and fasting."

"Forty years ago people were fasting and praying more and receiving the gifts of the Spirit. We cannot move into spiritual warfare without prayer and fasting."

"It is not to twist the arm of God but to beseech Him. Some people misuse and misunderstand it, and because of this, others shun it. There is a need for fasting and time should be given to it."

"Fasting and prayer moves you into a realm of faith not attained by any other method."

"Satan had no faith. When he went to Jesus after His fast, he said, 'If thou be the Son of God.' Satan was seeking to cause Jesus to use His faith against himself."

"The church must watch who they listen to and listen only to the Word and the Spirit of God. Satan uses the power of suggestion and because Christians listen to his suggestions and obey them, they bring a curse upon themselves."

"When you fast and pray and walk with Jesus, you learn who is talking. When we become dull and calloused, Satan can misquote or suggest something, and the carnal man reaching for the supernatural will fall into the physical realm instead of the spiritual."

Listening to the wrong voice can be fatal. I read the story of a woman who with her little babe was travelling by train through one of the northeastern states. It was a very wintry day. Outside a terrific storm was blowing, snow was falling, and sleet covered everything. The train made its way along slowly because of the ice on the tracks and the snowplow went ahead to clear the way. The woman seemed very nervous. She was to get off at a small station, where she would be met by some friends, and she said to the conductor, "You will be sure and let me know the right station, won't you?"

"Certainly," he said, "just remain here until I tell you the right station."

She sat rather nervously, and again spoke to the conductor, "You won't forget me?"

"No, just trust me. I will tell you when to get off."

A commercial man sat across the aisle. He leaned over and said, "Pardon me, but I see you are rather nervous about getting off at your station. I know this road well. Your station is the first stop after such and such a city. These conductors are very forgetful, they have a great many things to attend to, and he may overlook your request, but I will see that you get off all right. I will help you with your baggage."

"Oh, thank you," she said. And she leaned back greatly relieved.

By and by the brakeman called the name of the city the commercial traveler had mentioned, and the latter said to the woman, "Yours is the next station. Better get ready and I will assist you to get off."

The train moved on and shortly afterwards came to a full stop. The woman hurried to the end of the car, with the man who was helping her carrying her bag. When they reached the vestibule, there was no one there. "You see," said the stranger, "these trainmen are very careless. The conductor has quite forgotten you." He opened the door, assisted the woman with her baby down the steps, and just as he boarded the train again, it moved on.

A few minutes later the conductor came through the train and looking all about, said, "Why, that is strange! There was a woman who wanted to get off at the next station. I wonder where she is."

The commercial man spoke up and said, "Yes, you forgot her, but I saw that she got off all right."

"Got off where?" the conductor asked.

"When the train stopped."

"But that was not a station! That was an emergency stop! I was looking after that woman. Why, man, you have put her off in a wild country district in the midst of all this storm, where there will be nobody to meet her!"

There was only one thing to do, and although it was a rather dangerous thing, they had to reverse the engine and go back a number of miles, and then went out to look for the woman. They searched and searched; finally somebody stumbled upon her body. She was frozen on the ground, her little babe dead in her arms.

SHE WAS THE VICTIM OF WRONG INFORMATION.

The church is faced with blizzards of Satanic attacks. The icy finger of New Age, humanism, and Satanism is

writing its message upon many people's hearts. We have a choice. We can listen to the modernists who play down fasting and prayer and let hell play havoc with this generation, or we can listen to God's Word and by obeying it cause an explosion in hell that will shake Satan's kingdom.

Three weeks ago a minister's wife called from Australia very enthused and praising God. She and her husband had been with us for one month in Stockton and when they went home, they put in to effect daily prayer and fasting. Her words were this, "We are causing an explosion in hell. People are stirred up more than ever before. Demon spirits are being cast out, truth is reaching into the community, and there have been healings and miracles." It Works!

Fasting and prayer will reveal the voice of the Spirit. Fasting helps remove unbelief. It helps the flesh to die to the things of the flesh. Jesus told the disciples in Matthew 17:20 that they could not do a miracle because of their unbelief. He further instructed them how to get rid of their unbelief.

"Howbeit this kind goeth not out but by prayer and fasting" (Matthew 17:21).

A man came to me several years ago and told me that he had black spots on his lung and the doctors were suspicious of it being cancer. He was to go in for another test the following week. I told him, "You go on a three day honey, lemon and hot water fast. Myself and others will join you. We will pray and believe that God will remove the spots." He called me after his visit to the doctor and I could hear the jubilation and near surprise in his voice as

he said, "The doctor was perplexed and did several tests but he could not find the black spots that were there last week. We both thanked the Lord for the miracle. There is power in drawing nigh to God through prayer and fasting. It releases your spirit into a new dimension.

Chapter 5

BREAKING THROUGH THE SONIC BARRIER

"In whom the god of this world hath blinded the minds of them which believe not..." (II Corinthians 4:4).

Satan has a network in this world of his demons and princes. He has tried to follow God in His organization. When he fell in the Garden of Eden and his death sentence was pronounced upon him, he thought he would get rid of Jesus and thus do away with his death sentence, but he thought wrong. Although he is clever and wily, his thinking ability is not always clear.

"Which none of the princes of this world knew; for had they known it, they would not have crucified the Lord of glory" (I Corinthians 2:8).

We know there is war going on in the spirit world. Paul wrote to the Corinthians:

"For though we walk in the flesh, we do not war after the flesh: For the weapons of our warfare are not

carnal, but mighty through God to the pulling down of strong holds" (II Corinthians 10:3-4).

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places" (Ephesians 6:12).

The rulers of the darkness of this world is Satan's kingdom. His network is established in every city. Jesus said there were two kingdoms. **"...Inherit the kingdom prepared for you..." (Matthew 25:34). This was spoken to those that had done his will. To them that did not do his will he said, "...Depart from me ye cursed, into everlasting fire..." (Matthew 25:41).**

When Jesus came off His fast, Satan tempted Him with his kingdom. **"Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; and saith unto him, all these things will I give thee, if thou wilt fall down and worship me" (Matthew 4:8-9).**

Satan knew that he was the god of the world (II Corinthians 4:4), and therefore had the authority to offer its allurement and enticement to Jesus.

Daniel warred against this kingdom in the spirit. He needed an answer from God and he knew how to get it. He fasted for three weeks (Daniel 10:2-3). He not only fasted but he prayed unto God. The battle in the heavenlies became pretty intense. On the twenty-first day of his fast, Daniel was with some men by the river of Hiddekel. There came a great quaking simultaneously with a vision

of a heavenly visitor. The men fled and Daniel was left alone.

Daniel's strength was completely gone (verse 8) and he was on his face in a deep sleep. All of a sudden a hand touched him and set him upon his knees and upon the palms of his hands.

"And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee, and stand upright; for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling. Then said he unto me, Fear not Daniel; for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. But the prince of the kingdom of Persia withstood me one and twenty days: but lo, Michael, one of the chief princes, came to help me: and I remained there with the kings of Persia" (Daniel 10:11-13).

Again after the angel had spoken, Daniel's strength left him and he became dumb (verse 15). The angel then touched his lips and Daniel was able to speak. He told the angel he had no strength and the angel touched him again and Daniel was strengthened. Then the angel told Daniel:

"...Knowest thou wherefore I come unto thee? and now will I return to fight with the prince of Persia; and when I am gone forth, lo, the prince of Grecia shall come. But I will shew thee that which is noted in the scripture of truth; and there is none that holdeth with me in these things, but Michael your prince" (Daniel 10:20-21).

There is definitely war going on between God's angels and Satan's fallen angels. The angel told Daniel, "I will return to fight with the prince of Persia and when I am gone forth, lo, the prince of Grecia shall come" (Verse 20). The angel then reassured Daniel that his prince, Michael, would be there.

In order to break through this network of Satan's kingdom, there must be fasting. It is like breaking the sonic barrier. The sonic barrier is the sharp increase in resistance met by an object moving through the air at a speed of about 765 miles per hour. This is the speed of sound in air at a temperature of about 32 degrees F. An object moving through air pushes aside the air to make room for itself. This movement creates ripples in the air like the ripples made on a river's surface when a rock is thrown into it. The air ripples move at the speed of sound. An object moving at the same speed literally collides with the air and finds it hard to go forward. When an airplane is travelling faster than sound, people on the ground can often hear booms or bangs when a plane crosses the sound barrier. Sometimes the shock wave produced by an airplane in supersonic flight breaks windows in houses on the ground.

This is what happened to Daniel in the spirit world. The network of Satan resisted the angels, until finally they broke through, and there was a great quaking so that the men with Daniel fled because of their fear.

Some might say, "We do not have to fast because we have the Holy Ghost and Daniel did not. If this theory were correct then why did Jesus fast when he was full of

the Holy Ghost already? (Luke 4:1). Fasting has always been a part of the Judeo system and Jesus simply assumed that all understood that and built on a doctrine that was already established when he said, "When ye fast."

If Daniel, Moses, Elijah, Jesus, Anna and others needed to fast, why does this generation shy away from it? Is it because we are rich and increased with goods? Is it because we have become undisciplined, not willing to fight against Satan's kingdom? Is it a lack of understanding or ignorance on our part? Fasting is a powerful way to get answers that do not seem to come through prayer alone. Jesus said, "This kind can come out by nothing but prayer and fasting."

When I was just a teenager there was a lady minister, Edna Mills, who went and preached a revival in Sacramento, California. While there, the pastor's wife got a burden for her four unsaved boys. She prayed for them but her prayers were not answered. Finally she got such a burden that she said, "I am not eating until God saves my boys." She prayed and laid on the floor travailing for those boys. She broke through Satan's network and snatched them from the jaws of hell. All four of her sons were saved in that revival and one of them is a member of the church here in Stockton today.

The tenacious grip of a travailer in prayer and fasting moves heaven and sets the angelic kingdom in motion under the direction of Almighty God Himself.

On one occasion, Brother T.W. Barnes was praying far into the night with another minister. All of a sudden in a loud voice he cried with great authority, "Hear, O Lucifer,

the Lord our God is one and His name is Jesus." When that truth was uttered it shook the forces of hell. Balls of fire shot out of the church, witnessed by the minister friend and others. He definitely broke through Satan's barrier. It was felt all through his kingdom.

"Thou believest that there is one God; thou doest well; the devils also believe, and tremble" (James 2:19).

Satan was in heaven. He knows. He was an eye witness and when Brother Barnes reminded him of the power of that God, hell trembled. Fasting and prayer gives you the power to make hell tremble. It lets you look into the spirit world. You move into a spiritual realm instead of a soulish realm.

Tertullian, the Roman theologian, made a powerful statement about fasting. He said, "If practiced with the right intention, it makes man a friend of God. The demons are aware of that."

One preacher's wife told me, "We literally saved our daughter from the grip of hell through prayer and fasting unto God, standing upon the promises of His Word." If you want to keep your children out of hell, pray and fast until. If you want to keep the influence of modern society from tearing your home apart, pray and fast until you break the hold of evil intentions. Is the world bidding for your home, children, and mind? Pray, fast, and buck hell's forces with the promise of the Word. Jesus said that your Father would reward you for your prayers and fastings. He will hear, answer, and send His spirit as well as His angels to help fight for you as He did in the scriptures, and countless times since.

Chapter 6

ISAIAH 58

A young lady was discussing the subject of fasting with me recently and she told me that God had showed her something she had never known before. While she was on a fast, her friends had asked her to go somewhere that was a place of fun and hilarity. Her first thought was, "Maybe I'll go so I won't think about having to eat. It will help the fast go by quicker."

As soon as she thought that, the Lord spoke to her and said, "What's the use of fasting if you don't want to be aware of the fact that you're fasting?" [She looked at me and said], "Now I want to fast because it brought me so much closer to the Lord. It made me want to cleanse my heart and get my life organized. I found that it is true; what He sees in secret He does reward openly."

While she was talking Isaiah 58 kept coming to my mind about the wrong kind of fast described in that chapter.

"Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge? Behold in the day of your fast

ye find pleasure, and exact all your labors. Behold ye fast for strife...to make your voice to be heard on high" (Isaiah 58:3-4).

Matthew Henry gives insight on this passage:

"God will not answer our prayers if there is spite, envy or unforgiveness in our hearts. He said to judge ourselves, not one another. 'For if we would judge ourselves we should not be judged' (I Corinthians 11:31).

"Self-judgment is not condemnation of your own ways or habits but of yourself for allowing such ways. Self-judgment avoids chastisement. If neglected, the Lord judges and the result is chastisement, but never condemnation. Chastisement is only to help you get the thing out of your life that is harming or hindering you so you can grow and become like Christ."

We are never to judge our brother or our sister, only ourselves.

"But why dost thou judge thy brother? or why dost thou set at nought thy brother? for we shall all stand before the judgment seat of Christ. For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God. So then every one of us shall give account of himself to God. Let us not therefore judge one another any more; but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way" (Romans 14:10-13).

God told the Israelites in Isaiah 58, 'I will not accept your fast because you have strife and seek pleasure in your

fast. You also do it to be seen of men and carry on as usual, exacting all your labors.'

Then He went on to tell them that the right fast was to cleanse themselves and to care about the needy and the hurting.

We are told to "...cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God" (II Corinthians 7:1).

The best way to cleanse yourself is through prayer, fasting and the Word. These three things done together increases your awareness of your need for God. The spirit reveals things that need to be cleansed out of your flesh and spirit while you are fasting. Things that need to be cleansed lie dormant when the flesh is constantly fed and pampered.

The right kind of fasting enables you to be totally in tune with God. It gives you new freedom in the Spirit. Fasting is invigorating, giving increased energy as filth from the flesh and spirit is fasted away.

Sins are revealed. There is a humbling that only comes when the flesh is weakened by fasting, but as the flesh and spirit become cleansed from toxins and poisons, the energy of the spirit increases.

God said if you would do the right kind of fast already described in chapter two of this book, then several things would happen. Because there needs to be a greater understanding of the right kind of fast, again we will list the fast He has chosen for His people. The purpose of the fast that truly cleanses and prepares the faster to do the will of the Father is:

1. To loose the band of wickedness.
2. To undo the heavy burdens.
3. To let the oppressed go free.
4. That ye break every yoke.
5. To deal bread to the hungry
6. To bring the poor that are cast out of thy house.
7. When thou seest the naked that thou cover him.
8. That thou hide not thyself from thine own flesh.

This was dealing with the servants and poor in Bible days. It was a custom to treat them fairly. Unfortunately some masters were cruel and unjust. He said, "If you cannot be kind and caring to the needy and you try to cover your own faults and sins by a show of pious fasting and loud prayers, then I will not accept your display. Your motives are wrong, but if you will fast aright and do my will and way then:

1. Thy light shall break forth as the morning. It may be dark for you, but light is coming to dispel the darkness.
2. Thine health shall spring forth speedily.
3. Thy righteousness shall go before thee. He will make a pathway for you to walk in. The favor of the Lord is upon the righteous. "For the eyes of the Lord are over the righteous, and his ears are open unto their prayers; but the face of the Lord is against them that do evil" (I Peter 3:12). "For thou, LORD, wilt bless the righteous; with favor wilt thou compass him as with a shield" (Psalm 5:12).
4. The glory of the Lord shall be thy reward.
5. Then shalt thou call and the Lord shall answer thee.
6. Thou shalt cry and he shall say, "Here am I."

Fasting and prayer has so many benefits. It is no wonder Satan has blinded many people to the power of it. Most good things in life have a price tag attached to them. Salvation is free, but the Christian walk is not. It is one of discipline and constant fighting the flesh and the devil.

Paul said, "I die daily" (I Corinthians 15:31). Further on in that same passage in talking about the resurrection he was answering a question. How are the dead raised up? Paul replied in verse 36:

"Thou fool, that which thou sowest is not quickened except it die."

There has to be death to the flesh before the spiritual man can be quickened. At the time of salvation there is a cleansing by His Spirit. Man is made a new creature, but then the Christian life has to be maintained. The way to grow, die, become and soar is through prayer, reading the Word and applying the Word. Periodic fasting combined with these three things takes you into a higher level in God and new dimensions in the Spirit.

The story is told of a man who obtained by inheritance a beautiful country estate. As he lived in the city he thought it best to dispose of this estate and use the money he would obtain from it some other way. Getting in touch with a widely known real estate firm, he instructed them to go out, and make a careful examination of the house, outbuildings, and the land belonging to the estate, and write it up in such a way as to make it seem attractive to anyone who was looking for a home in the country. When all his instructions had been carried out, a representative of the firm brought in the draft of the advertise-

ment, which they intended to insert in various papers. In this ad, the old home was described in glowing terms: the beautiful porches, the large hallway, the circular staircase, the drawing rooms, living rooms and sleeping apartments, and all the different appointments which made for a perfect country home. The billowing lawns, trees, shubbery, gardens and farming ground were also pictured in language calculated to arouse the interest of anyone who desired such a country estate.

As the agent read the description, the owner of the estate listened carefully, making no comment. At the close, the agent inquired, "What do you think of that? That ought to sell it, do you not think so?"

The owner replied, "Well to be frank, I have changed my mind; I have decided not to sell. I have wanted a place like that all my life and I had no idea that this estate was just exactly what I have been longing for. Your description has shown me what a fool I would be to part with it. So I will pay you for the work you have done, but you need not make any effort to sell it; I will live there myself."

We are often times like this man. We know what we want, but do not realize that it is right under our noses within our grasp. We possess the power and ability to obey the Word and receive the reward and benefits of prayer and fasting as described in Isaiah 58.

Chapter 7

THE GLORY OF THE LORD SHALL BE THY REWARD

The glory of the Lord is revealed to the humble. David said, "...I humbled my soul with fasting..." (Psalm 35:13). Fasting and prayer brings a new awareness of Him. Your hunger pains become prayer signals: Time to pray. When there is a hungering, thirsting, lingering in His presence and a drawing nigh unto Him, then the glory is revealed. There is no glory like His glory. Everything else loses its allurement and importance. His glory cleanses.

When God talked to Moses and gave him the plan for the Tabernacle, God made a statement to him that was so powerful: "And there I will meet with the children of Israel, and the tabernacle shall be sanctified by my glory" (Exodus 29:43). When Solomon finished building the temple, he brought up the ark of the Lord into the temple, and the priests were sacrificing sheep and oxen before the ark. It was when the priest came out of the holy place that the cloud filled the house of the Lord.

"So that the priest could not stand to minister because of the cloud: for the GLORY OF THE LORD had filled the house of the Lord" (I Kings 8:11).

When there is honor unto God, a sacrifice made and a lingering in His presence, then the glory is revealed. The GLORY of the Lord always cleanses and humbles; it never puffs a man up.

When Job was going through his trial he started off right, but as time progressed he started questioning God and justifying himself. When he finished speaking after one lengthy discourse, all was quiet. "So these three men ceased to answer Job, because he was righteous in his own eyes" (Job 32:1).

There was one young man, Elihu, the son of Barachel, who was in the same room with Job and his three friends. He watched them until finally his wrath was stirred up toward them all. He said, "...I am young, and ye are very old; wherefore I was afraid, and durst not shew you mine opinion. I said, Days should speak, and multitude of years should teach wisdom. But there is a spirit in man and the inspiration of the Almighty giveth them understanding" (Job 32:6-8).

He told Job, "Surely thou hast spoken in mine hearing, and I have heard the voice of thy words, saying, I am clean without transgression, I am innocent; neither is there iniquity in me" (Job 33:8-9). "Behold, in this thou art not just; I will answer thee, that God is greater than man. Why dost thou strive against him?" (Job 33:12-13). "For Job hath said, I am righteous: and God hath taken away my judgement" (Job 34:5).

Elihu continued to show Job that his self-righteousness was keeping him from hearing from God. "...Thinkest thou this to be right, that thou saidest, My righteousness is more than God's" (Job 35:1).

Then he told Job, "There they cry, but none giveth answer, because of the pride of evil men. Surely God will not hear vanity, neither will the Almighty regard it" (Job 35:12,13).

When Elihu finished talking, Job was silent. Then God Himself talked to Job face to face out of a whirlwind. Before, Job would talk about God as if He were absent, but now it is face to face. God rebuked Job for his questioning and gave a glorious discourse on His majesty in chapters 38-41.

He asked Job a lot of questions similar to this one. "Where wast thou when I laid the foundations of the earth? declare, if thou hast understanding" (Job 38:4). Finally after hearing God talk awhile, Job said, "Behold I am vile; what shall I answer thee? I will lay mine hand upon my mouth" (Job 40:4). After God finished talking, Job answered the Lord. "I know that thou canst do everything, and that no thought can be withholden from thee. I have heard of thee by the hearing of the ear: but now mine eye seeth thee, Wherefore I abhor myself, and repent in dust and ashes" (Job 42:1,5-6).

When Job humbled himself, he saw the Lord in all His glory. It is better to humble ourselves under the mighty hand of God than to have Him humble us. Let us fall on the rock instead of the rock falling on us. To fall on the

rock means to be broken; to have the rock fall on us means to be crushed.

How do you humble yourself? You do what Jesus did. He, being full of the Holy Ghost, humbled himself by fasting and prayer. Fleshly desires will be brought under subjection so the spiritual desires will be nurtured. Our two biggest enemies, the devil and the flesh, are weakened by fasting. The inner man is made strong while the flesh is weakened. Your awareness is increased. You sense spiritual truths in a greater sense because you are not dulled by sluggishness. Your mind is most keen when you are fasting and praying simultaneously.

When a nation wanted to humble themselves in ancient times, they called a fast and beseeched their God to hear them. We now have access to the throne and are told to come boldly into his presence (Hebrews 4:16). It simply means that there is no need to go to a priest any longer; we can go straight to Jesus with our needs and He will help us. This access ought to make us more desirous of drawing nigh to Him; since we do not have to wait for the priest to tell us to fast. We have the privilege of getting close to Jesus through denying the pleasures of the temporal for a short while and to taste of the heavenly pleasures.

When Moses was called to go to Mt. Sinai to receive the Ten Commandments, he saw the glory. "And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. (Exodus 34:28). "And it came to pass when Moses came down from Mt. Sinai...that Moses wist not that the skin of his face shone while he talked with him. And when Aaron and all the children of

Israel saw Moses, behold the skin of his face shone; and they were afraid to come nigh him" (Exodus 34:29-30), "And till Moses had done speaking with them, he put a veil on his face" (Exodus 34:33).

Dwight L. Moody gave this discerning summary of Moses' life: "In the first forty years in Egypt, Moses learned to be a Somebody. In the second forty years, in the wilderness, Moses learned to be a Nobody. In the third forty years, he learned what God can do with a Somebody who is willing to be a Nobody."

As Moses was willing to be submissive to God and to humble himself and fast, so we must humble ourself and take time to be with Him.

A true spiritual fast is not a diet. It is not to just go without food. It should be a time of spiritual growth and study, focusing upon the object of your fast: Jesus. Fasting gives you extra time with the Lord because the time you normally spend eating now can be spent with Him.

God raised up Smith Wigglesworth, an uneducated plumber from Bradford, England, to work through. He performed many miracles and even raised some from the dead. He was a spiritual dynamo. He tells of how he had visions where Jesus appeared at sick beds and the beds shook with the power. He was asked to pray for a man in a deathlike position who never moved and was expected to die at any moment. Before he went to pray, Smith went to the mountains and prayed all day long and fasted on into the night and the next morning when he went home and was offered refreshment, he said, "I have found prayer and fasting the greatest joy but, before God could bring me to

this place he broke me a thousand times. I have wept, groaned, and travailed many a night until God broke me." He was a man who went from being a plumber to being a miracle worker. His words speak to us from experience. He was a man of like passions, and he knew that he had to bring those passions under subjection. We are no different from him. If it took fasting for him, it will take the same for us. Jesus said, "...This kind can come forth by nothing, but by prayer and fasting" (Mark 9:29).

People that are mightily used of God are first of all prayer warriors. When Nehemiah heard about the broken down walls of Jerusalem he said, "...I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven" (Nehemiah 1:4). People that did great things and shook their world did not do it in their own power, but in the power of His might. Too often the modern church wants to take the cross out of religion and put in the cushion.

Fasting has nothing to do with salvation; this is of grace. We are talking about putting the flesh under subjection so the spirit can have pre-eminence in our lives and priorities. When you see Old Glory waving in the wind, she stands for blood, sweat and tears. Glory requires a price tag. You cannot just float through on beds of ease. It will take travail, fasting and prayer to bring revival just as it always has from the beginning of time. All revivals began with humbling the flesh and exalting the Lord, and that was done through prayer, travail and fasting.

Paul admonishes husbands and wives to give themselves to a time of prayer and fasting. "Defraud ye not one the

other, EXCEPT IT BE WITH CONSENT FOR A TIME, THAT YE MAY GIVE YOURSELVES TO FASTING AND PRAYER; and come together again..." (I Corinthians 7:5). The early church could not exist without it. It was part of their lifestyle. Are we better than the early church? Have we become so materialistic that we cannot groan in the spirit, travail, fast, and intercede? Are we so addicted to food that we cannot go without eating for a few days?

No pain, no glory. Jesus said it this way: "And he that taketh not his cross, and followeth after me, is NOT worthy of me. He that findeth his life shall lose it: and he that loseth his life for my sake shall find it" (Matthew 10:38-39).

Christ paid the price so we could see glory face to face.

Only when we humble ourselves and exalt Him do we see glory.

Chapter 8

THINE HEALTH SHALL SPRING FORTH SPEEDILY

The noted Greek physician Athenaeus summed up fasting in just a few words. He said, "Fasting cures diseases, dries up bodily tumors, puts demons to flight, gets rid of impure thoughts, makes the mind clearer and the heart purer, the body sanctified, and raises man to the throne of God."

People with chronic illnesses normally did not get that way overnight. It was a gradual decline because of stress, improper food consumption, poor health habits, worry, among other things. One fast sometimes will not make you healthy overnight unless it is a divine miracle from God, which I have seen many times over. Sometimes it takes time for the body to recover from years of abuse. You may say, "I don't abuse my body." Do you get proper rest at night, going to bed by 10:00 p.m.? Do you always eat foods that build the body: grains, vegetables, fruit, etc? Are you always free from worry, rush and stress? Are your thoughts pure thoughts: no anger, malice, bitterness, etc.? If you answered yes to all four questions, then you have

not abused your body, heart or mind. If you are like most people, not all of your answers were yes.

Recently a lady in our church called me and asked the ladies to pray for her. She had a very painful urinary tract infection. We prayed for her and while we were praying the Lord impressed me to tell her to go on a three day fast to cleanse her body and break the hold of the infection. I called her back and told her about it and she agreed to go on it that day. That was on Wednesday. I joined her and we prayed together. On Sunday morning she was jubilant. She said on the last day of the fast all cramping had left her body and she was completely healed of the infection.

We talked about the benefits of prayer and fasting, She had gone on a long fast the year before and she shared with me these comments: "I have never felt better in all my life. My mind was more keen. I felt totally in tune with God. There was a freedom from sluggishness. The word for it is 'invigorating.' There was spiritual insight and definite answers from God about what I had been praying about. I felt so clean and wanted to organize everything." She also received a sign from God that He was going to open to her a new ministry, which He later did.

Isaiah 58 promises that health would spring forth quickly from fasting. Fasting always brings the body into better health. It causes the stomach to have a rest. The body is the temple or dwelling place of the Spirit, so it needs to have a house cleaning every so often.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a

price: therefore glorify God in your body, and in your spirit, which are God's" (I Corinthians 6:19-20).

Glorify God in your body. Many people are slowly committing suicide with a fork. Day after day, three times a day and several times in between, the jaws are working and the stomach is churning.

Fasting rids the body of poisonous toxins and purifies the blood stream. It improves circulation and cleanses the blood vessels. Fasting rests the heart and relieves the body of harmful stress reactions.

Fasting will cause boils, skin blemishes, indigestion, asthma, and many other sicknesses and diseases to be healed. God made the body and knew what the body needed. That is one reason why he instituted fasting. He knew it would improve the physical as well as the spiritual man.

Fasting improves the mental faculties, making it easier to study, think, and concentrate. It also removes mucous from the body. If you have headaches when you fast, that means you need to fast and fast more regularly.

Fasting beautifies the complexion and at the same time it will help starve tumors and growths until they disappear through systematic fasting. As a personal experience, I had a growth on my body and every time I fasted it would diminish in size. The longer the fast the smaller it became.

It is possible to fast and not experience headaches. That is a result of removing white sugar and caffeine from your diet. Instead, use raw clover honey as a sweetener and drink fruit juices instead of regular tea or coffee.

Shortly after the Lord spoke to me about doing this book on fasting, I heard KCJH radio announcer, Scott Osborn, announce that he was going to interview a lady who had been healed by fasting.

Her name was Lee Bueno and she told how the doctors had told her she had an incurable disease called Rheumatoid Vasculitis and she would die if she refused medication. She went home and prayed about it and started seeking the Scripture concerning healing combined with prayer and fasting.

In her quest for knowledge, she would ask ministers about fasting. They would smile and make some remark that let her know that they did not know much about it or feel like it was needful.

She did not receive encouragement from anyone for the most part, except from the scripture. As she studied the Word of God and the many scriptures about fasting, she could not understand why the ministry did not teach more on the subject.

She decided not to take the prescribed medicine that would not heal her anyway, but only sedate symptoms indefinitely and cause her to have many side effects.

Instead of fasting at her home, she went to a health spa where she could be under the care of a medical doctor. She went on a 21 day, water only fast, and prayed daily.

She related how at one point her cheek twitched and they discovered that some novocaine a dentist had injected into her previously had been trapped inside her head. The fasting was causing it to be released and passed

out from her body. Other poisons that had been stored in her body were being cleansed out of her system.

She gives glory to God for healing her and believes strongly that Isaiah 58 is right when it promises that "thine health shall spring forth speedily."

When Daniel and his friends purposed not to defile themselves with the king's meat, nor with his wine, they defied the normal.

The prince of the eunuchs said:

"...I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort...And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat" (Daniel 1:10, 15).

Fasting and prayer is always blessed by God. We know Daniel was a man who fasted often and prayed three times a day. Because of his drawing nigh to God, and because they knew he heard from God, he was elevated in the kingdom in which he served and was highly respected. Fasting and prayer will cause health to spring forth speedily simply because the scripture promises it.

Chapter 9

THOU SHALT CRY

God loves a humble, broken, and contrite spirit. He desires His church to be a rejoicing church, but before there can be true joy there must be a humble, broken vessel. Paul said, "But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us" (II Corinthians 4:7).

He did not say vessels of steel, wood or stone, but earthen. Earthen vessels can be broken. It is interesting to note that the vessel the sin-offering was to be sodden in was an earthen vessel.

"But the earthen vessel wherein it is sodden shall be broken..." (Leviticus 6:28).

This foretells of the broken body of Jesus. It is also significant that the vessel that houses the treasure of His Spirit is of material that can be broken.

The Lord chooses to dwell with the humble spirit.

"The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit" (Psalm 34:18).

David knew what the Lord loved. After his sin with Bathsheba, he sang these words:

"The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise" (Psalm 51:17).

The Bible says David was a man after God's own heart because he was humble before the Lord.

There is a difference between brokenness in spirit because of self-pity or hopelessness. These spirits are detrimental to a person. **"A broken spirit drieth the bones" (Proverbs 17:22).** The broken spirit that God loves is a humbleness and willingness to do His bidding. It is the opposite of the proud, hard, tearless disposition. Many times God used broken things:

1. The broken body of Jesus brought salvation to the world.
2. Gideon broke the pitchers, confounded the enemy and won the battle against the Midianites.
3. Jesus broke the little boy's lunch and fed the 5,000.
4. Mary, in her humility and love, broke the alabaster and received such approval from Jesus that He said it would be told as a memorial.

If we are proud and follow our own way, God will break us. It is better that we would humble ourselves and be broken before Him and do things His way. Solomon speaks about the proud man who soweth discord.

"Therefore shall his calamity come suddenly: suddenly shall he be broken without remedy" (Proverbs 6:15).

He goes on to say that God hates a proud look and a man that sows discord is an abomination.

Jesus said unto the Pharisees who were of a proud and haughty spirit, "And whosoever shall fall on this stone shall be broken: but on whomsoever it shall fall, it will grind him to powder" (Matthew 21:44). The stone referred to here was none other than Jesus. "...Jesus Christ himself being the chief cornerstone" (Ephesians 2:20). In the Old Testament, God gave His people the conditions of blessings in Leviticus 26 and told them to reverence Him. He further stated that if they did not, He would break the pride of their power.

Jesus put emphasis on being humble and having a servant's spirit. He blessed those that were poor in spirit, those that mourned, the meek, the hungry, and the thirsty. To be poor in spirit is to be broken before God. It is a needy spirit that desires to be ministered to.

When Jesus entered into Capernaum many people came to the house where he was preaching. There were four men who came with another man sick of the palsy. They tried to get in the door but they could not because of the crowd.

"And when they could not come nigh unto him for the press, they uncovered the roof where he was: and when they had broken it up they let down the bed wherein the sick of the palsy lay" (Mark 2:4).

Sometimes it is hard to get through to Jesus until there is a brokenness. As the layers of the roof had to be stripped away, so also the calloused layers of self-indul-

gence, staleness and pride have to be broken up and stripped away.

Jeremiah gave the message of the Lord to Israel, and we need to hear it from time to time.

"...Break up your fallow ground, and sow not among thorns" (Jeremiah 4:3).

Do not be so hard-hearted, cold, and indifferent but allow yourself to be broken before Him.

Jeremiah went on to say,

"Circumcise yourselves to the LORD, and take away the foreskins of your heart" (Jeremiah 4:4).

Circumcision is painful but it is for cleansing. Fasting, prayer, drawing nigh to God, and searching the heart is not always a joyful experience. It is painful and revealing, but it brings true joy. The stripping away of the veneer causes the fresh breath of heaven to air out the soul. It cleans away germs of despair, bitterness, hate, envy and pride.

When the church gets to the place that they feel they do not have to break up fallow ground and circumcise their hearts, that is a sign that they need to do so.

To circumcise is to cut away the foreskin of the heart so that it can be made spiritually pure. It is a rejection of the sins of the flesh so that there can be spiritual purification.

Fallow ground is land that is allowed to lay idle during the whole, or the greater portion of, the growing season. It becomes hard clods that have to be broken up before planting again.

Weeds and thorns appear in fallow unplanted ground. There has to be the breaking of the earth before new seeds

can be planted or else the thorns of the fleshly spirits will choke out the spiritual growth.

God hears humble cries but rejects proud utterances. The Bible says that when the children of Israel were in bondage and oppressed in Egypt,

"...they cried and their cry came up unto God...and God heard their groaning...and God looked upon the children of Israel and God had respect unto them" (Exodus 2:23-25).

God shows special respect to those who cry out unto Him. His heart is touched with their burden and feelings of their infirmities. The scripture says that God is no respecter of persons, but it also says, "Jacob have I loved but Esau have I hated." God gives all men and women the same chance but gives respect to them who draw nigh to Him.

"...He forgetteth not the cry of the humble" (Psalm 9:12).

"The eyes of the Lord are upon the righteous, and his ears are open unto their cry" (Psalm 34:15).

During the time of the writing of this book, a young man named John Martin came to minister to the College and Career group of our church. While there, he briefly related to us how, when he was small, his mother was healed of cancer. We were sitting in my husband's office and I said, "That needs to go in the book the Lord has impressed me to write."

My husband said, "Call her right now and talk to her." So we called Margaret Martin right there on the spot.

As she began to unravel her story, my heart was touched deeply. She told me that before she knew she had cancer that she had been falsely accused of something by two ladies in the church her husband pastored.

She became so depressed that it made her physically sick. They were in a revival with a young evangelist. Each night when she arrived home from service, she could get inside the front door of the house, but was so weak she could not even take her coat off.

She cried, prayed, and fasted, but things seemingly got worse. Finally the young evangelist told her, "You need to call T.W. Barnes, the faith healer."

She said she did not know Brother Barnes and he did not know her.

She did not know at the time of her weakness that she had cancer. She became so weak that she could not fight back physically, spiritually or mentally. All she could do was cry out to the Lord.

She decided to call Brother Barnes. When she did, he said, "I was sitting in my office and God told me the phone was going to ring. This is your message from the Lord. There are dark clouds over your life but the sun is going to shine again and the birds are going to sing. You will be alright but first you must walk through some more dark things."

When she finally went to the doctor she was told that she had a fast-growing cancer. She had surgery and then started on cobalt treatments. One night when she felt like she could go no further, she laid in bed with her young son who was sick also and started praying.

She said it felt like she wrestled with the angel of death. She asked the Lord, "Please just let me raise this boy to love you." Shortly after that the spirit of death left the room and she fell asleep.

Unbeknownst to her, another minister, Royce Elms, heard of her sickness while he was on a long fast. On the thirty-ninth day of his fast, while he was shut up in the church, the Lord spoke to him and said, "Call Sister Martin with a message."

He picked up the phone and dialed her number and told her what happened. He said, "I don't know you and you don't know me, but God knows you and He told me to give you a message. God said that you are healed. The dark clouds are going to go away, that the birds are going to sing, and the sun is going to shine again."

The same massage was given by two different ministers of God and neither one knew what the other had said. She told me she did not have positive faith that she was healed. She went in for her second surgery and the girl who had been so close to her during the first surgery told everyone, "She will not make it this time."

When they opened her up the second time, there was no cancer and no scar tissue. There was no trace or any sign that there had ever been any cancer at all. God heard her cry and answered.

What if the two men of God had not fasted, prayed and heard from God? They interceded for a woman they did not even know. Many people prayed. Margaret Martin herself fasted and prayed before she learned of her disease. God used these men of God to prophesy her healing

before it happened. God does hear the cry of His children, and in this case, someone else besides herself had the faith for her healing.

Who knows but that it might have been the faith of her small son. One thing we do know: God healed her and gave her messages of hope during her long trial of blackness.

When the two blind men followed Jesus, they cried unto Him in humility and said, **"...Thou son of David, have mercy on us" (Matthew 9:27).** He heard their cry, stopped what he was doing and touched their eyes, saying, **"...According to your faith be it unto thee" (Matthew 9:29).**

He always responds to the humility and cry of the needy and broken. The proud He will humble as he did Nebuchadnezzer. One day Nebuchadnezzer was walking in the palace of the kingdom of Babylon and said, "...Is not this great Babylon, that I have built for the house of the kingdom by the might of my power, and for the honor of my majesty? While the word was in the king's mouth, there fell a voice from heaven, saying, **"O king Nebuchadnezzer, to thee it is spoken; thy kingdom is departed from thee" (Daniel 4:30-31).**

He ended up in the field like a beast until his understanding returned to him and he blessed the Most High. When he humbled himself and exalted God, he returned to the kingdom. His words were, **"...those that walk in pride he is able to abase" (Daniel 4:37).**

God wants man to humble himself before Him. He wants to be exalted and sit on the throne of our hearts.

Fasting and prayer to God will help accomplish this. It is the most sacrificial way to give ourselves to Him in total surrender. Fasting and prayer brings about a total dependency upon God. It shows God that He is our strength and help.

When there is an abstaining from food, there comes a brokenness before the Lord. Hannah left the banquet of food and cried desperately before the Lord. Her cry was heard and she got her answer.

Hagar and her son were forced to fast, and in their time of need they cried unto the Lord. He sent an angel to them in answer to their cry. God always responds to the cry of the humble.

As it has already been stated in this book, David humbled his soul through fasting. There is also another way of humbling oneself.

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).

Humble yourself through fasting and prayer. The more earnest people become, the more earnest God becomes.

"Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, WHEN ye shall search for me with all your heart. And I will be found of you, saith the LORD" (Jeremiah 29:12-14).

We already brought to the attention of the reader that Ezra spoke about seeking God by fasting and prayer: "...we

might afflict ourselves before our God, to seek him of a right way for us...so we fasted and besought our God for this" (Ezra 8:21,23).

The early church did the same thing.

"And when they had fasted and prayed, and laid their hands on them, they sent them away. So they, being sent forth by the Holy Ghost..." (Acts 13:3-4).

It was for both the Old Testament church and the New Testament church. It is for the church of the living God. It is the best way to gain faith, inspiration and joy. It may not always come during a fast (although many times it does). It will come through a disciplined, consistent life-style of drawing near to the Lord by the biblical method of prayer, fasting and devouring the Word of God.

While Martha busied herself with the cares of the kitchen and surrounded herself with natural food, Mary sat at the feet of Jesus eating spiritual food. Jesus said,

"But one thing is needful; and Mary hath chosen that good part, which shall not be taken away from her" (Luke 10:42).

Verse 39 says Mary sat at His feet and heard His word. If you want to get rid of frustration and have a sound mind, it is through withdrawing from the things of the natural and absorbing the things of the spiritual.

There is a story about the maniac of Gadara which has a powerful truth in it. After Jesus had commanded the unclean spirits to come out of him, the spirits left him and went into some swine. The people who fed the swine came to see what had happened.

"Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, SITTING AT THE FEET OF JESUS, clothed and in his RIGHT MIND..." (Luke 8:35).

Sitting at His feet, taking time to linger in His presence, and denying the flesh always brings peace, direction, joy and inspiration. It takes away the toil of stress, anxiety, and that rushed feeling.

The Psalmist said, **"One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple" (Psalm 27:4).** I will inquire or seek after the beauty of the Lord. In Him are no flaws or imperfections. When you seek Him you see only glory, for the pure in heart (those without any division) shall see God and His glory.

"...but the people that do know their God shall be strong, and do exploits" (Daniel 11:32).

It is impossible to truly know God without setting time aside to spend in His presence. There has to be a desire to linger. This rushed generation cannot push a button and expect to see God.

When Mary went to the tomb after Jesus had been buried, she made special effort to rise early while it was yet dark. Then she ran to Peter and John and told them that the Lord's body had been taken away. The three of them ran back to the tomb and saw the grave clothes neatly folded.

"Then the disciples went away again unto their own home, But Mary stood without...weeping...and

looked into the sepulchre, and seeth two angels in white...and she turned herself back, and saw Jesus..." (John 20:10,11,14).

Because she lingered she saw the glory. Because she chose to linger, she received the instructions from Jesus Himself to take the message of the resurrection back to the disciples.

I have been in morning prayer meetings where the wave of glory did not come the first hour. It seemed that after we lingered and worshipped Him, then all heaven filled the room. God and His angels were in the same room we were in. The miracles will flow when He is lifted up and highly exalted and we are not in a hurry, but allow the spirit to minister.

Mary was weeping and crying and she saw the glory. Paul and Silas were beaten and their clothes were stripped from their bodies. They were cast into prison and their feet were fast in stocks. They sure weren't at a banquet. They were hungry, in pain, bleeding and cramping because of their position.

"And at midnight Paul and Silas prayed and sang praises unto God..." (Acts 16:25).

When they cried unto the Lord, He heard them, sent an earthquake and set them free.

He always answers desperate prayers.

"...the effectual fervent prayer of a righteous man availeth much" (James 5:16).

In that same verse it says to confess your faults and pray for one another. Sometimes a person has sins and faults that are covered up by too much feeding and pampering

the flesh. Fasting and prayer reveals the sins and faults that need to be purged.

Isaiah wrote,

"In the year that king Uzziah died I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple" (Isaiah 6:1).

From experience, I know that when there is a death of someone close to you, the appetite is taken away. Isaiah's appetite was gone and he went to the temple to pray. As he prayed in his agony He saw the glory of the Lord.

When he saw the Lord's glory, he saw his own sins and said,

"...Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for mine eyes have seen the King, the LORD of Hosts" (Isaiah 6:5).

God always opens doors for His children after an encounter with Him, for there is always a cleansing and humbling of self.

"And I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I, send me" (Isaiah 6:8).

Jesus describes people who are not sensitive to His voice, and who will neither pray, fast, seek or hunger after Him.

"For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed..." (Matthew 13:15).

The best way to get your eyes open and to be able to hear what the spirit says is to seek the Lord through prayer,

fasting, reading the Word and waiting upon Him. Cry unto Him and He shall hear and answer.

Chapter 10

HERE AM I

"Then shalt thou call, and the Lord shall answer: thou shalt cry and he shall say, Here am I..." (Isaiah 58:9).

We are still talking about the result of fasting. Can you see it? Picture someone on his knees crying out to God, praying, travailing, and being cleansed by His spirit until the heart is totally in tune with the Master's mind and will. All of a sudden, God appears and says, "Here am I. What do you want me to do? Now that you have humbled yourself and your will is submissive to my will, ask what ye will and I will do it."

He draws nigh to them that are of a broken and contrite spirit. His ears are open unto the cry of the humble. The great God of the universe says to him, "Here am I."

Isaiah says,

"Behold your God! Who hath measured the waters in the hollow of his hand, and meted out heaven with the span, and comprehended the dust of the earth in a measure, and weighed the mountains in scales, and

the hills in a balance? Behold, the nations are as a drop of a bucket, and are counted as the small dust of the balance: behold he taketh up the isles as a very little thing. It is he that sitteth upon the circle of the earth, and the inhabitants thereof are as grasshoppers; Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: he calleth them all by names by the greatness of his might, for that he is strong in power...Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is not searching of his understanding. "He giveth power to the faint; and to them that have no might he increaseth strength" (Isaiah 40:9, 12, 15, 22, 28, 29).

"He telleth the number of the stars; he calleth them all by their names" (Psalm 147:4).

This is the God who will come and say, "Here I am" when we fast right. He will then accept the sacrifices of our heart.

Thou shalt cry! Jacob was crying in his spirit when he wrestled all night with the angel. He was a desperate man who uttered the words, "...I will not let thee go, except thou bless me" (Genesis 32:26).

Jacob got his answer. Because of his tenacious grip and all-night beseeching he got his named changed, his walk changed, and his circumstances changed. The angel of the Lord said to him, "...for as a prince hast thou power with God and with men, and hast prevailed" (Genesis 32:28).

"Prevailed" is the key. Hang on, never give up! Keep knocking, praying and fasting. You will get your answer but sometimes you must prevail. Oh, the power of prevailing prayer!

God loves for His children to seek Him earnestly. He judges those who are insensitive to His voice. He spoke of Israel in the book of Isaiah and it could be said of some Christians today:

"Therefore will I number you to the sword, and ye shall all bow down to the slaughter: because when I called, ye did not answer; when I spake, ye did not hear; but did evil before mine eyes, and did choose that wherein I delighted not. Therefore thus saith the Lord God, Behold, my servants shall eat, but ye shall be hungry; behold, my servants shall drink, but ye shall be thirsty: behold, my servants shall rejoice, but ye shall be ashamed: Behold my servants shall sing for joy of heart, but ye shall cry for sorrow of heart, and shall howl for vexation of spirit" (Isaiah 65:12-14).

It is all because there was not a seeking after God and drawing nigh to him because of the flesh barrier and the carnal will. Jesus said:

"Blessed are they which do hunger and thirst after righteousness: for they shall be filled" (Matthew 5:6).

Only God is righteous. Isaiah said it well,

"Seek ye the Lord while he may be found, call ye upon him while he is near" (Isaiah 55:6).

In this same chapter in verse 1, an invitation is given to anyone that thirsteth. He said in verse 3, "Incline your ear,

and come unto me: and your soul shall live." The whole chapter is dealing with seeking after God. He then sums up the blessing of seeking and thirsting after God and his thoughts. He said, "So shall my Word be that goeth forth out of my mouth; it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it" (Isaiah 55:11).

Pleasing God by seeking after Him and drawing nigh to Him evokes His blessing. It activates the power of His Word in our behalf. He likes it when we look for Him, when we seek Him out, instead of Him having to get our attention.

"For the eyes of the Lord run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him..." (II Chronicles 16:9).

A perfect heart is described in I Kings 8:61:

"Let your heart therefore be perfect with the Lord our God, to walk in his statutes and to keep his commandments..."

One of His instructions was given when He said, "When ye fast," in Matthew 6. God daily searches the earth to see in whose behalf He can work strong. It is those who are seeking earnestly to obey and draw close to Him.

On the day of the great festival when they brought the Ark of the Lord and set it in the tent David had pitched for it, there were burnt offerings and peace offerings offered. Then David delivered a psalm. Included in the psalm was this verse:

"Seek the Lord and His strength, seek his face continually" (I Chronicles 16:11).

This is what a hungry group of people in Los Angeles did.

On April 9, 1906, a little group of believers received the Holy Spirit in the Ashbury home. They did not eat for three days or nights, but praised God without ceasing. Because of this group humbling themselves in prayer and fasting, all of Los Angeles was shaken by the power of God.

In the 1920's, there came also a spiritual awakening to the Kabo Tribes under the ministry of Brother and Sister Baker. They went to the city of Yannon and there rescued a number of children from living a beggar's life on the streets. A remarkable revival of the spirit among these children followed. Brother Baker reported that, "Meetings were held with the children twice a day. Suddenly in one of the services, all heaven opened up and the veil was so drawn aside that the children were allowed to see the invisible things of God as if face to face. This revival lasted for a period of eight weeks.

"During the first two weeks of the revival, the glory of God was so strong that all ordinary activities had to be suspended. Activities like eating and sleeping seemed too trivial to matter. Often after going to bed at night they would arise and go to the prayer room. There they would seek the Holy Spirit and be lost in his presence until morning."

These children hungered after God and he appeared to them. He gave them heavenly visitations and visions, and from that revival many souls were brought to salvation.

God is watching and waiting for his people to seek Him with their whole hearts. When Jeremiah was shut up in the court of the prison which was in the king of Judah's house, he prayed and prayed.

"Ah Lord God! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee: Thou shewest loving kindness unto thousands, and recompensest the iniquity of the fathers into the bosom of their children after them: the Great, the Mighty God, the LORD of Hosts, is His name. Great in counsel, and mighty in work: for thine eyes are open upon all the ways of the sons of men: to give every one according to his ways, and according to the fruit of his doings" (Jeremiah 32:17-19).

He is keeping books. He is weighing hearts, and motives are being examined. When He sees hearts that are fully toward Him enough to give themselves to setting aside time daily to linger in his presence and to draw nigh to Him through fasting, he will say, "Here am I."

"Call unto me and I will answer thee and shew thee great and mighty things, which thou knowest not" (Jeremiah 33:3).

When God revealed great things to Daniel, he was seeking after God with prayer and fasting. "And I set my face unto the Lord God, to seek by prayer and supplications, with fasting..." (Daniel 9:3). God sent Gabriel with

a message to Daniel while he was praying and fasting (verse 21).

Seeking after God brings His blessing. When He said He would appear to the one who had found favor and say, "Here am I," He was showing the power a righteous and blessed person has with God.

This was proven with Abraham. God was going to destroy Sodom, but was willing to go back on His word because of Abraham's desire. God listened to him and was willing to change His mind.

He did the same with Moses. God was going to kill the Israelites but Moses intervened and God changed his mind. Man cannot manipulate God, for He is sovereign; but He will answer man's prayers.

Most of the fastings in the Bible accompanied by prayer and repentance brought deliverance or a miracle. At times God even changed His original plan as in the case of Ninevah. He desires that His children would seek Him daily, not out of duty or to be seen of men, but because they truly love Him.

When people start seeking Him earnestly in daily prayer and from time to time in fasting, He will open up the windows of heaven. He draws nigh, working mightily in their lives. There was once a wealthy landlord who became converted to Christ. Anxious to show the needy tenants under him the change that had come into his life, he did a strange thing. He posted notices around town that on a given day his office would be open from ten o'clock in the morning until twelve noon. During that time, he

would be prepared to pay the debts of all his tenants who brought their unpaid bills with them.

For days the notices were the cause of much excitement. People talked of the strange offer and some declared it a hoax. Others were certain there must be a catch somewhere. A few even thought the landlord was losing his mind. When the announced day came, many of the people could be seen making their way to the office, and as the time approached a great crowd had gathered about the door.

Outside the door a great discussion had begun. It became more vehement every minute. Was there anything to it? Did he really mean it? Would he only make a fool of one who brought the evidence of his indebtedness? Some insisted that it was only a hoax. Finally, when it was nearing twelve o'clock, an aged couple from the farthest bounds of the estate came hobbling along arm in arm; the old man had a bundle of bills clutched tightly in one hand. In quavering tones he inquired, "Is it true, neighbor, that the landlord is paying the debts of all who come today?"

"He ain't paid none yet," said one.

"We think it is just a cruel joke," said another.

The old couple's eyes filled with tears. "Is it all a mistake? We hoped it was true and thought how good it would be to be able to die free of debts."

They were turning away, when somebody said, "No one has tried him yet. Why not go in? If he pays your bills, come out quickly and tell us and we'll go in, too."

To this the old folks agreed and timidly opened the door and entered the office, where a cordial welcome awaited

them. In answer to their question as to whether the notice was true, the secretary said:

"Do you think the landlord would deceive you? Let me see your bills."

They were all presented, carefully tabulated, and a check made out to cover them. Overwhelmed with gratitude, the old man and his wife arose to leave, but the secretary said:

"Just be seated. You must remain here till the office closes at noon."

They explained that the crowd outside was waiting for verification from them of the strange offer.

But the landlord said, "No, you took me at my word. They must do the same if they want their debts paid."

At high noon the door opened and the old folks came out first.

"Did he keep his word?" the throng asked.

"Yes, neighbors. Here is his check and it's good as gold."

"He said we must wait inside and you must come as we did and take him at his word."

A moment later the landlord and his secretary came out and hurried to the carriage. The crowd pressed about them, holding out hands full of personal bills, and cried, "Won't you do for us as you did for those folks?" But rising in his carriage, the landlord said, "It is too late now. I gave you every opportunity. I would have paid for you all, but you would not believe me."

God gives all the benefits of fasting. He says you will be rewarded if you fast, but most people are like the crowd

who remain skeptical of it. Only those who experience it will get the reward.

Chapter 11

IF

Christians in Nero's time were put to death by the thousands. "Some were crucified and some were beheaded. Some were covered with the hides of wild animals and mauled to death by dogs. At night Nero made brilliant pageants in his gardens: the light was provided by Christians burned alive to serve as human torches."

"In one city alone an observer watched a procession of almost one hundred Christians on their way to slave labor in the mines: a pitiful procession of broken bodies, men, women and children, their right eyes put out, their left foot crippled with hot irons. Prisons were full. In some towns fragments of bodies were strewn around the market place. Special care was taken to find all copies of the scriptures and destroy them."

The early church was persecuted for their faith in Jesus Christ so overwhelmingly that one writer said, "The blood of the martyrs became the seed of the church."

They were full of zeal and love for the truth. They were not Laodicean in spirit but full of love for one another.

From torture came compromise when Constantine became ruler. Persecution was diminished greatly, but from this transition the Roman church became more powerful.

The Roman church deified Mary and set the pope up as almost God. The priest stood between man and God. Into this religion they also adopted the practice of the Jewish people--fasting along with confession.

The Roman church fasts, Hindus fast, Satan worshippers fast, as do many other religions. The instruction for the ritual of fasting was given to Moses by God. After Jesus began His ministry He taught on the proper way to fast. He did not do away with fasting. Paul instructed husbands and wives to give themselves to fasting and prayer. The early church and the Apostles fasted in the book of Acts.

Just because other religions take a good thing and abuse it does not make it wrong. The right kind of fasting done unto the Lord Jesus Christ is expected of the church. It is assumed that all Christians will fast as well as pray.

Fasting and prayer should bring about an inward change as well as a change in lifestyle. He said in Isaiah 58 that after the fast there would be benefits; but He also went on to say, **"And if..." (Isaiah 58:10).** There must be purpose and changing. We must die to the fleshly desires and will, seeking only to please the Master, the Lord Jesus Christ.

George Mueller was asked the secret to his success and he said, "There was a day when I died, utterly died; died to George Muller, his opinions, preferences, tastes, and will--I died to the world, its approval or censure--died to the approval or blame even of my brethren and friends and

since then I have studied only to show myself approved unto God." Fasting is in vain if it does not cause Christ to be found in you even more. Paul said,

"My little children, of whom I travail in birth again until Christ be formed in you" (Galatians 4:19).

Isaiah 58 gives us the "And if's:"

1. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity.
2. And if thou draw out thy soul to the hungry.
3. And satisfy the afflicted soul.

Fasting is not only to draw one closer to Christ but also to His children. He is not pleased when we pray and fast and then treat people wrong or speak evil against them. That is when fasting becomes in vain, only a ritual.

When a finger is pointed at the other person there are three other fingers pointed back at oneself.

Self-examination is more important than the examination of others. The Word says to magnify God, not the faults of others. Jesus did not come to condemn but to save. He expects us to do the same. Fasting and prayer should result in an entrance into more love. Only then can our prayers be truly answered.

Revelation 3 gives account of the blessing of the Philadelphia church. The church of brotherly love. They were the only church that received the open door because they were a church of love. Love is humility. Love seeketh not her own, is not puffed up, vaunteth not itself, believeth all things, and is longsuffering. If the church is to have God's approval and receive the open doors that no man,

system, or organization can shut, it is essential that she would operate in Christ's love.

What is Christ's love? His description is,

"...Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you...For if ye love them which love you, what reward have ye? do not even the publicans the same? (Matthew 5:44,46).

Prayers are hindered because of an unforgiving spirit. Jesus said:

"...Have faith in God. For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith; Therefore I say unto you, what things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. And when ye stand praying, forgive..." (Mark 11:22-25a).

Brother T.W. Barnes said the church has operated in a dimension of vibration where we can sing and shout it down, and God blesses what we do. But the highest dimension is one of pure love that Paul called the more excellent way. The gifts operate in love. There is a focusing on the Giver instead of the gift.

When the church does these "And ifs" and stops pointing its finger at one another and truly loves each other, there will be a greater dimension of His power. Fasting and prayer helps bring this about because it causes the carnal man to die.

Love is kind, patient, and not puffed up; thinketh no evil, beareth all things and seeketh not her own. It does not hurt others intentionally and does not feel good when something bad happens to another.

Love is active. When there are needs presented, love does not say, "I will pray for you" and then walk away from the person in need. True love prays and helps the person in need.

"For all the law is fulfilled in one word, even in this, Thou shalt love thy neighbor as thyself" (Galatians 5:14).

"Bear ye one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).

"As we have therefore opportunity, let us do good unto all men, especially unto them, who are of the household of faith" (Galatians 6:10).

Any service to the Lord should be done with the purpose of glorifying Him. He is glorified by our good works toward one another.

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:16).

We are never more like Christ than when we are obeying Luke 4:18.

1. Preaching the gospel to the poor. This can be more than poor in worldly goods but also poor in spirit, poor in friends, poor in love, etc.

2. Healing the broken hearted. When you bind up another's heart wound you are ministering to Jesus himself. When Jesus spoke on Mt. Olivet, he said the goats

would be on the left side and the sheep on the right side. To the ones on the right side he would say,

"...Come ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave me meat: I was thirsty and ye gave me drink: I was a stranger and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me...Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:34-36,40).

3. Preaching deliverance to the captives. Many people in this generation are bound by spirits, habits and sins. It is the mission of the church to bring them deliverance.

4. Recovery of sight to the blind. This can deal with actual eyesight or spiritual eyesight.

5. Set at liberty them that are bruised. It is time for the church to pour in the oil and bind up the wounds.

All that we do in our Christian walk should have purpose. That purpose is to become more Christ-like, to become a vessel of honor that his spirit can flow through to hungry men and women.

Fasting and prayer helps prepare us to be a vessel that is rid of obstruction to the flow of the spirit. Fasting and prayer does not sanctify you; only God and His Word can sanctify you.

"...Christ also loved the church, and gave himself for it; that he might sanctify and cleanse it with the washing of the water by the Word. That he might present it to himself a glorious church, not having

spot, or wrinkle, or any such thing: but that it should be holy and without blemish" (Ephesians 5:25-27).

God washes and sanctifies us, but he still tells us to do some things ourselves. We are saved by grace, not by our works, but if it were not for our works we would not be saved very long.

"What doth it profit, my brethren, though a man say he hath faith, and have not works? can faith save him? If a brother or sister be naked, and destitute of daily food, and one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? EVEN SO faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works. Thou believest that there is one God; thou doest well: the devils also believe, and tremble. But wilt thou know, O vain man, that faith without works is dead? Was not Abraham our father justified by works, when he had offered Isaac his son upon the altar? Seest thou how faith wrought with his works, and by works was faith made perfect? And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the Friend of God. Ye see then how that by works a man is justified, and not by faith only. Likewise also was not Rahab the harlot justified by works, when she had received the messengers, and had sent them out another way? For as the body

without the spirit is dead, so faith without works is dead also" (James 2:14-26).

Thank God for grace, for by grace we are saved. Thank God for the Word, for by the Word are we sanctified. God in all his glory will not make a man be saved or sanctified. Man has a will and he will choose to be saved. He will also choose whether he will obey the scriptures. Christians after being saved are instructed to do many things themselves:

1. Put on the whole armour of God that ye may be able to fight (Ephesians 6:11) and to stand against the wiles of the devil. There are some things we must do.
2. Pray always and faint not (Luke 18:1). If you do not pray, you will faint!
3. Resist the devil. If you do not resist, he will win. (I Peter 5:8,9)
4. Humble yourselves. (I Peter 5:6)
5. Cleanse yourselves. (II Corinthians 7:1)
6. Serve one another. (Galatians 5:13)
7. Give yourself to prayer and fasting. (I Corinthians 7:5)

You can lay down and die spiritually or you can choose to bring the "old man" under subjection and fight the good fight of faith. You can choose to take the road of least resistance or you can choose God's way and walk humbly before Him, resulting in having the power of the early church in the book of Acts.

There is no easy way. It has been a cross since the time of Jesus, and it is still a cross. The great thing about it is,

it becomes a joy when there is total commitment and a dying out to the flesh.

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus, the author and finisher of our faith; who for the joy that was set before him endured the cross..."(Hebrews 12:1,2).

The following is a quote from the Jamieson, Fausset and Brown Commentary on this scripture passage: "Weight: As corporeal unwieldiness was, through a disciplinary diet, laid aside by candidates for the prize in racing; so carnal and worldly lusts, and all, whether from without or within, that would impede the heavenly runner, and the spiritual 'weight' should be laid aside.

Encumbrance: all superfluous weight; the lust of the flesh, the lust of the eye, and the pride of life and even harmless and otherwise useful things which would positively retard us (Mark 10:50, the blind man casting away his garment to come to Jesus)."

Whatever it takes to cast aside weights, encumbrances, sins and superfluity, that is what I want to do. To be motivated by divine love and to operate in the spirit at all times is the ultimate. If it takes death of self to be one with Christ and to reach a hurting world, then death to self is my goal.

John Sung came to America in 1920 to work on his doctorate in Chemistry. He excelled in his studies. Attractive offers of jobs came to him. Also Christ's call came

to him. After a great spiritual struggle, he dedicated himself utterly to God. Soon afterwards, he had a most unusual dream in which he saw himself in a casket. God seemed to say to him. "John Sung is dead--dead to self, but alive to Christ!" Then it seemed that the corpse began to stir. Angels began to weep. "Don't weep angels," said John. "I will remain dead to the world and live only for Christ!"

Every great dream was realized only by discipline and sacrifice. Thomas Edison would have never given us a light bulb if he had not sacrificed his time. Swimmers that win marathons sacrifice time and the lazy road. In any field of labor where there is success, you will see discipline, sacrifice and commitment to a cause!

The kingdom of God is no less. There are some "ifs", if a prize is to be won. There are some "ifs" if rewards are to be received. Isaiah 58 says, "And if."

Chapter 12

THEN YE SHALL BE BLESSED

The wrong kind of fasting was described in Isaiah 58: 3-4. It was one of strife, wrong motives, and merely ritual with no change of heart. God would not take away fasting just because they did not do it right. He simply showed them that the proper way to fast was not to make a big show of it and then go right back to being their same spiteful selves.

He told them to not fast for show, but to fast for a purpose. That purpose is to help others. He told them if you love others and help them, then these things would take place:

1. Shall thy light rise in obscurity
2. Thy darkness shall be as the noonday
3. And the Lord shall guide thee continually
4. He will satisfy thy soul in drought
5. And make fat thy bones
6. And thou shalt be like a watered garden
7. And like a spring of water whose waters fail not

He said, "If thou draw out thy soul to the hungry, and satisfy the afflicted soul" (Isaiah 58:10), then shall the above things happen.

Fasting will not only benefit you spiritually but will give you other blessings. There are many; here are a few. It:

1. Lowers blood pressure.
2. Lowers the cholesterol level.
3. Gives the digestive system a rest.
4. Gives your body time to clean itself out.
5. Relieves nervousness and tension.
6. Helps you sleep better.
7. Regulates bowels.
8. Sharpens mental processes.
9. Slows the aging process.
10. Helps discipline you for weight loss.

Fasting is so beneficial spiritually and physically, but is an oft neglected blessing.

A prominent singer shared with me the benefits that had come to her through fasting. These are her words: "When I went on a 21-day fast, I had more energy. Inspiration flowed in all areas of my life. I only needed four to five hours of sleep at night, and my body, soul and mind was renewed and refreshed. I was able to see clearly the problems that faced me and received direction to approach them with authority. I became more discerning of my children's needs and sensitive to what they were going through. Fasting and prayer shakes the gates of hell."

The following blessings were promised as a result of the right kind of fasting.

1. Shall thy light rise in obscurity. The glory of the Lord shall shine on you and through you; not that you would be glorified, but that God would be glorified. No flesh can glory in His presence. All glory and honor belongs to Him.

"Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and His glory shall be seen upon thee" (Isaiah 60:1-2).

Even though this passage deals with the Jewish people and their redemption, the truth of it corresponds with what happens when man draws nigh to God with a pure heart and does what the scripture instructs him to do.

"Love worketh no ill to his neighbor; therefore love is the fulfilling of the law, and that knowing the time, that now it is high time to wake out of sleep; for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in clamoring and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof" (Romans 13:10-14).

Only in love does our light rise in obscurity and are we able to put on the armor of light. We can only be surrounded by light as we have fellowship with the Light for:

"...God is light and in Him is no darkness at all. If we say that we have fellowship with him and walk in

darkness, we lie, and do not the truth: But if we walk in the light, as he is in the light, we have fellowship one with another and the blood of Jesus Christ his son, cleanseth us from all sin" (I John 1:5-7).

God exalts those who humble themselves before him, and their light is made bright to others as long as their light is kindled by him and not their own idealogies.

Several times Isaiah refers to the light. "Then shall thy light break forth as the morning" (verse 8). Again he says, "Then shall thy light rise in obscurity" (verse 10). The darkness shall be gone. The fog in your mind shall disappear. Questions will be answered. A new day will dawn...fasting and prayer unto the Lord brings inspiration, light and confidence. It causes doors to open before you.

2. Thy darkness be as the noonday.

"Unto the upright there ariseth light in the darkness" (Psalm 112:4).

He says, "I will give thee the treasures of darkness, and hidden riches of secret places" (Isaiah 45:3). When all is dark, you will see only the light. The darkness will not threaten you or intimidate you. It will only cause you to see better. Light will surround you in the fiery trial, the depths of the ocean, or in the whirlwind of disaster. Humble yourself, love your neighbor, draw nigh to Him and His light will blaze forth into the darkness.

3. And the Lord shall guide thee continually. When you cease to pretend to have all the answers yourself and go to the wisdom above, He will **continually guide** you.

"Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways ac-

knowledge him, and he shall direct thy paths" (Proverbs 3:5-6).

This is what fasting and prayer does. It reveals man's pride and determination to do things his own way. It shows him how weak he really is without God. A true fast will reveal the greatness of God and the weakness of man. It will magnify the need of how much man needs God and his guidance in every single thing he does.

It is a privilege to have God's guidance in everything. It does not matter if it is a spiritual, physical or mental need. God will guide you CONTINUALLY. It is an awesome thing!

4. Satisfy thy soul in drought. When the bad times come, the Lord will take away your anxiety and fretfulness. Your soul will be satisfied and fulfilled. You will be able to say with Habakkuk:

"Although the fig tree shall not blossom, neither shall fruit be in the vines; the labor of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls; Yet will I rejoice in the Lord, I will joy in the God of my salvation. The Lord is my strength and he shall make my feet like hind's feet, and he will make me to walk upon mine high places" (Habakkuk 3:17-19).

5. And make fat thy bones. Red blood cells are manufactured in the bone marrow. So as He makes the bones fat and healthy, He is increasing life to the flesh because life is in the blood.

6. And thou shalt be like a watered garden. This is an oriental picture of happiness. A watered garden denotes plenty instead of want.

"The young lions so lack and suffer hunger, but they that seek the Lord shall not want any good thing" (Psalm 34:10).

Jesus said it in the New Testament:

"But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you" (Matthew 6:33).

In the whole 6th chapter of Matthew, He is teaching them how to live, how to be blessed, and how to please God. He taught them the proper way to give, the proper way to pray, the proper way to fast and the proper things to seek after.

If ye do these things you will be like a watered garden: green, fruitful, and plenteous.

7. And like a spring of water whose waters fail not. You will be like a spring. All the thirsty folks will come and drink from your spring. You will be filled with the humility that only comes through prayer and fasting and you will be a fresh, unfailing spring of God's inspiration.

Springs do not have to advertise. The thirsty seek after them. You will be ever flowing having always just the right word to bless a thirsty soul. Doors will be opened for you to minister to others. Nothing stops a spring, it just keeps flowing!

Chapter 13

HOW TO FAST

There are many different types of fasts. The scripture shares some of these with us:

1. Moses (Exodus 34:28)
2. Elijah (I Kings 19:8)
3. Jesus (Matthew 4)
4. Ezra (Ezra 8:21-23)
5. Nehemiah (Nehemiah 9:1)
6. Esther (Esther 4)
7. Ninevah (Jonah 3:5-10)
8. Daniel (Daniel 1:9, 10)

The early church, Paul and others made mention that they fasted, but not how.

Most of the Old Testament fasts were three days without food or water. Elijah, Moses and Jesus went on forty day fasts and were strengthened by the Lord. Daniel went on lengthy fasts consisting of ten days and twenty-one days.

Let me interject one thing. Fasting is not intended to put a guilt trip on you. If you accidentally eat something

and then remember you are fasting, do not feel discouraged. Just keep on fasting; do not give it up. If at times you feel so weak you can hardly move, maybe you should eat some raisins, nuts, honey, or something totally healthy. Just make sure it is a small amount for strength and then keep fasting. (Of course, this depends upon the length of the fast. If you are further into an extended fast, fruit would be best.)

You are not fasting for ego purposes or to impress others. You are only doing this unto the LORD. Do not feel guilty for your humanness. Just keep at it. It works!

Below, are listed eight types of fasts:

Type I - No food or water

This is not advised for long periods because of the toxins in the body that are released when fasting. They need to be flushed out. Note that all these types of fasts were never over three days except the three who were given supernatural power to strengthen them. It is advisable to drink water because of modern day pollution and preservatives in the body. They need to be flushed out.

Type II - Water only

Type III - Three day, water, honey, and lemon

This is considered a cleansing fast. Squeeze juice of 1/2 a lemon in a cup of hot water and add honey to taste, Drink throughout the day. This can also be used for an extended fast.

Type IV - Juice fast

This is self-explanatory. No food, only juice. No coffee, soft drinks, etc. Fruit juices should not be mixed with vegetable juices. Fresh carrot juice is excellent.

Type V - Combination fast

This is simply juices with an addition of hot herbal tea with honey. A good way to do this is to fast three days with water only, then go to juices and teas (herbal, no caffeine).

Type VI - Daniel's ten-day fast

Pulse and water only. Around the year 606 B.C., King Nebuchadnezzer selected young men of the royal family of Judah to be taught the Chaldean culture and language. They were instructed to eat the king's meat and drink his wine, but Daniel purposed not to:

"Prove thy servant ten days; and let them give us pulse to eat, and water to drink" (Daniel 1:2).

Most likely the pulse Daniel ate included grains, lentils and basic vegetables. At the end of this ten-day fast the Bible says they looked healthier than those who feasted on the King's meats.

A lady in our church fasted thirty days. She ate one bowl of grains a day along with a vitamin supplement and grape juice. She said she never felt better; she also had a marvelous spiritual experience.

Type VII - Daniel's 21-day fast (Daniel 10: 32-33)

It appears that Daniel ate no bread, desserts, juices or meat. There is no mention of fruits or vegetables, so some

feel that he partook of these foods. There have been those that have fasted this fast and it has been beneficial.

Type VIII - Water for three days then broth for strength on the fourth day. Then drink water again for the next two days, and then broth.

This is good for people that have to work. I have made broths for people who have gone on 10-day and 21-day fasts. Here are two recipes:

1. Gently boil spinach, onions, parsley, and carrots in water only until softened but still dark green. Put all in blender and blend into a broth to drink.

2. Do same as above, but instead use tomatoes, carrots and sauteed garlic & onions.

Whichever way you choose to fast, or for whatever reason, fasting is good for you not only for spiritual reasons but for physical reasons.

My personal feeling is that if you are fasting for spiritual reasons, you should not partake of food, but liquids only. Fasting is a time to not gain pleasure from food.

There are some other things that need to be considered when beginning a fast. The cleaner your system, the less discomforts you will experience, such as headaches, due to the fact that there are less toxins at work in the body.

Right before fasting it is advisable to cleanse the colon by aloe, enemas or herbal cleansers. The colon is considered to be the cesspool of the body. So the less waste that is stored in the body when you begin your fast, the less toxins will be released by the body.

You should also rest if you feel weak, and try to get a lot of fresh air every day. Fasting is a time of cleansing your spiritual as well as your physical man, so as you spiritually bathe you should also bathe the body.

Lungs, skin pores, nose, mouth, bowels and urinary tract are the organs used to rid the body of harmful substances, toxins and mucus; therefore, it is essential that you slough off the poisons physically.

Breaking the fast is important also. When you fast you feel so clean; you determine not to put any junk into your body again. Of course, most people do. You should come off the fast on grape juice, gradually eating fruit and steamed vegetables, adding other foods in a day or two. There should be no heavy gorging at the end of a fast, but light eating of salads, etc. I know one young person that came off a fast on pizza and had terrible stomach cramps. This was very unwise. Just use a little common sense and keep your body and mind operating at optimum performance.

EPILOGUE

"Father, why waste the stone?" asked a sculptor's child of her parent, as with sharp tool and heavy mallet he splintered the pieces from the block.

"It is," he said, "with accents mild, by strokes and heavy blows, that as the marble wastes, my child, the more the statue grows."

So it is, the more we waste the things of the world away, the more the inner man grows.

Setting out to liberate Italy, Garibaldi saw some young men at a street corner and summoned them to enlist in the cause. "What do you offer?" said they.

"Offer?" replied Garibaldi. "I offer you hardship, hunger, sun rays, thirst, sleepless nights, foot sores in the big marshes, privations innumerable, AND VICTORY IN THE NOBLEST CAUSE that ever asked you." Young Italy followed him.

Jesus is asking for volunteers today for the noblest cause on earth and earnestly asks, "If any man will come after me, let him deny himself take up his cross DAILY and follow me. For whosoever will save his life shall lose it,

and whosoever will lose his life for my sake, the same shall save it" (Luke 9:23-24).

The most blessed, victorious, and powerful life is one that is totally surrendered to Jesus Christ, immersed in His cause, and daily aware of His awesome presence. It is walking in the spirit and drawing nigh to Him. How could one not want this power and victory? It is available if the above scripture is obeyed. Everything people want is found in giving all to Jesus. It is hot hearts on fire with love for the Master, fired by His purpose, that brings total fulfillment and the rewards of the promises of the scriptures. To be in love with him is to be in love with His Word, His lifestyles, His children, and His purpose.

Joy Haney is a wife, mother, grandmother, speaker and author, and has written over 50 books. She served as pastor's wife of Christian Life Center, in Stockton, California for thirty years, and is now serving as First Lady of the United Pentecostal Church International, currently residing in the St. Louis, Missouri area where her husband, Reverend Kenneth Haney, serves as General Superintendent. They have five children, two sons-in-law, one daughter-in-law, and eight grandchildren.

"If you want to get in touch with the supernatural, read this book and obey it. Fasting and prayer get you in tune and causes you to become God conscious. This is a much needed book for this generation."

—Rev. T.W. Barnes

P7-BPA-458

ISBN 1-880969-10-6

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